

Awakening The Sacred Gate to Supreme Bliss: Tantric G-Spot Orgasm & Female Ejaculation

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Dedication

This book is dedicated to our beloved Tantric family, a continual source of Supreme Bliss through spiritual inspiration, sexual ecstasy, and expanded consciousness.

Important Note

The material in this book is for educational purposes and is intended to provide helpful guidance to lovers about human sexuality. Every attempt has been made to provide accurate, dependable, up-to-date information. We believe what's presented here will be helpful and poses no risk to any healthy person.

This_ ding that neither the author nor the publisher is engaged in rendering medical, psychological, or any other professional service. If you have questions concerning the application of the material and advice described in this book and its affect on your health and well-being, it is your responsibility to consult a qualified professional first.

Any use of the techniques used in this book are at your own risk.

This book is not intended to serve as medical treatment, psychological counseling, psychotherapy, or any other services best performed by a health professional. No part of this book should be used as a means of self-treatment or as a viable substitute to or for medical evaluation by a physician. If you suspect you have a condition requiring such treatment, we encourage you to seek professional help before engaging in the practices included.

Absolutely no part of the program should cause pain or unusual symptoms. Should such arise during or after doing the practices within, the affected party is advised to seek medical evaluation to identify possible causes.

If you have knowledge or suspicion that you have contracted a sexually transmitted disease, we urge you to consult with a qualified health professional before engaging in any partner practices in this book.

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Chapter 1: Introduction

"The Constitution only gives people the right to pursue happiness. You have to catch it yourself."

----- Ben Franklin

1.1 Opening Section

This is what you have to look forward to...

"As I lay here with my legs spread and my beloved's head bowed, worshipping at the door of my secret garden, I give great thanks for the pleasure I'm about to feel.

"With his soft tongue on my most sensitive outer trigger, and his two longest fingers inside, I writhe, scream, and come and come and come. Orgasmic energy engulfs me and soon all he has to do is breathe on me and I shower him with my divine nectar. It goes on and on, over and over again for about 30 minutes.

"My beloved is grinning and I am, oh, so blissful. He asks if I want more. Not a hard question to answer. I say YES!

"When I reach the continuous Orgasm Zone, I simply want more, More, MORE!"

Purposes

The purposes of this chapter are to...

- Help you understand what's in this ebook.
- Orient you to what is where and how to proceed.
- Introduce you to how Tantra fits in.

Welcome

When you read the introduction above, did you say to yourself, "I want that?" Whether you're a woman or a man, young or old, gay or straight, you want to know the depth and breadth of your sexuality. You want to feel great pleasure and amazing sexual ecstasy. You want to pass through the Sacred Gate Of Supreme Bliss, our Tantric name for the G-Spot.

You want it all.

You want to have full-body orgasms, multiple orgasms, extended orgasms with maximum energy that blow your mind. You want to know all there is to know about the female and male G-Spots and female ejaculation.

Regardless of your gender, you want to be all you can be sexually. You want to feel totally confident as a lover -- as the receiver of peak pleasure and the giver of untold ecstasy.

We wholeheartedly agree. We believe fervently that you deserve it all. Your sexual self is the very essence of who you are.

If this sounds like anything you want, you're in for a real treat. Even if you're not sure, this ebook was designed just for you.

Sex Positive Aim

Our aim is to support you in being totally *sex positive*. That means you know that sexual ecstasy is a divine gift and any way you get it is good for you. We want you to love filling your pleasure balloon, that imaginary bubble inside you that expands with good feelings when you let it.

Awakening The Sacred Gate will show you how to...

- Expand your capacity for pleasure
- Bring spirit and awareness into your sexual play
- Routinely reach supreme sexual ecstasy

- Build confidence that you can give maximum pleasure
- Achieve your full sexual potential
- Fully and proudly embrace your sexual birthright.

To achieve this, you're going to learn to give and receive Sacred Gate (G-Spot) Orgasms of incredible power and emotional sweetness. You're going to learn to supercharge your sexual play with female ejaculation and relish being bathed in the Goddess's sweet ejaculation fluid. With the latest scientific findings, you're going to discover a whole host of new ways to exchange pleasure.

Just as there are many ways to create beautiful music, there's more than one way to make love. We're sure you already know how to play some of the instruments in your sexual orchestra. In the coming pages, you'll learn to play those instruments in creative new ways, to play new instruments, and to expand your play list with both.

Soon you'll become the master of ecstatic alternatives to sexual union (our Tantric name for intercourse). Not to mention ways to make sexual union supremely blissful.

But we have to warn you. If you play music like this once, neither of you will ever want to stop.

Especially For Women (Partners, you can read this too)

If you're a woman, please know that we wrote *Awakening The Sacred Gate* mostly for you. And so your lovers could give you maximum pleasure. Which is still for you. Though this ebook ends with a bonus chapter about the male G-Spot, it's mostly about female anatomy, female arousal, female ecstasy, and female orgasm.

If you wonder why, a few statistics can make this crystal clear.

Less than half the women who have sex reach orgasm during sexual union (intercourse). Some estimate 75% of women can't reach orgasm without direct clitoral stimulation. Sadly, 10 to 15% of women have never had an orgasm.

Somebody has to do something about this. We nominate you. Do you accept?

Maybe you feel that you're not a very sexual person. Maybe you don't particularly like sex the way you've had it. Maybe you've had negative or painful experiences. Maybe you think you don't have a G-Spot or you have one that doesn't feel particularly good.

Together, we're going to change all that.

We want you to enjoy sex. We want you to believe it's good for you. We want you to release your inhibitions, let go of control, and stop holding back. We want you to remember that being alive means feeling desire. We want you to know that sexual play is good for you. We want you to celebrate that your orgasms make you healthier, more awake, and closer to God.

Whew! Do you get the idea that we really care about your sex life? You're right, we really, really do.

Sex Negative Culture

Unfortunately, most of the so-called civilized world disagrees with the above views. We don't live in cultures that encourage us to explore our bodies, our orgasmic triggers like the G-Spot, and their spiritual connection. Religions frown on it. Few of our parents talked about it. You can't even think about it at work without a lawsuit.

Even worse, health professionals are as hung up as the rest of the population. We regularly receive referrals from highly trained therapists who are too shy to deal with sexual issues. In fact, too many medical doctors scoff at proven sexual realities like female ejaculation.

Partly, this sad story explains why the average lover doesn't know more about their own orgasmic pathways. Never fear, in the coming pages we're going to help you change all that. Forever!

Tantra can help you drop these limiting beliefs and create the kind of sex life you crave deep inside. Tantra is the ancient spiritual practice of sacred sexuality that uses sexual energy to raise consciousness.

Not only will you learn how Tantra can enhance every aspect of your love life, along the way you'll undoubtedly discover how to make your whole life better.

It's OK if you don't know much about Tantra, because we'll fill in the gaps shortly.

If you do know a lot about Tantra, we're confident that you'll discover a whole new practical side before mastering our version, Supreme Bliss Tantra.

1.2 Tantric Ebook Section

"Sex really is a physical expression of a whole lot of stuff that has no physical existence: love and joy, deep emotion, intense closeness, profound connection, spiritual awareness, incredibly good feelings, sometimes even ecstasy...We free our animal selves by opening our intellects to awareness of our bodies, and when we are no longer stuck in our intellects we become more like spirit: intuitive, experiencing the joy of life for the sake of experiencing, in communion with ourselves, with each other, and beyond"

----- Dossie Easton & Catherine A. Liszt in The Ethical Slut

Supreme Bliss Tantra

Supreme Bliss is the zenith of sexual ecstasy which transforms orgasmic energy into expanded consciousness.

Supreme Bliss Tantra is the modern system of personal transformation based on the ancient Eastern spiritual path that uses sexual energy practices to...

- deepen love and **intimacy**,
- extend **lovemaking**, and
- create continuous full-body mind-altering **Tantric Orgasms**.

By opening your senses of the present moment, embracing all of life and all of your being, and focusing on pleasure as a divine gift, Supreme Bliss Tantra...

- **heals** your mind, body, and spirit,
- **connects** you passionately with your deeper self and your beloved, and
- **immerses** you deeply into the untold joys of sacred sexuality to reach cosmic peaks of **pleasure**

ultimately making life an ecstatic journey in total communion with all that is.

Our Starting Place & Yours

Here are just a few of the key questions that we'll answer for you in the coming pages...

- Can you find your own and your lover's Sacred Gate (G-Spot)?
- Do you know how to give a G-Spot orgasm?
- Women, can you release your inhibitions and open to your Goddess nature?
- Men, can you orgasm without ejaculating from G-Spot play?
- Women, do you know how to ejaculate when you climax?

We know you're reading this because you want to know more of the answers to questions like this.

When we started on the path of Supreme Bliss Tantra during the mid-90s, neither of us were multi-orgasmic. Like many other women, Jeffrey's orgasms required effort. She was never aware

of ejaculating. Like most men, Somraj couldn't separate orgasm from ejaculation. So he usually came pretty quickly.

Realizing how much we were missing gave us strong motivation to learn about pleasure, ecstasy, and orgasm through Tantric practice. We've changed so much and had so much fun that we just had to share our journey with courageous intelligent folks like you.

What's In Our Ebook

Awakening The Sacred Gate is chock full of frank, accurate, up-to-date **information** about your sexual landscape, including a detailed description of male and female sexual anatomy. What's more important, we've richly punctuated it with hands-on **exercises** and **practices** you can use to quickly teach yourself these powerful sexual skills. Along the way you'll undoubtedly discover how Tantric **healing** helps you drop negative sexual attitudes, release unwanted inhibitions, and awaken dormant responses.

Isn't it great news that practices which teach you to fill your pleasure balloon make you feel fantastic along the way?

Sexual learning isn't so different from strengthening your body by work-outs at the gym. They both follow the old maxim...use it or lose it. The more you exercise, the easier it gets and the better it feels. Through practice, you heal the weak parts to make your sexual system healthy and whole.

We've created an ebook that is both comprehensive and user friendly. Though it has a little of everything we've learned and how we learned it, it's not an academic volume, exhaustive listing of references, or lengthy survey responses. It's a practical program that reveals all you need to know.

Awakening The Sacred Gate shows you step-by-step how to put Tantric Sex into practice immediately in your sex life.

In the coming chapters, you will find powerful techniques to master you own sexual forces. You'll learn how to use these techniques to give your beloved exquisite pleasure only imagined in you most erotic dreams.

We hope you get the idea that we very much want you to become the lover you want to be.

Sexual Exploration Journal

When Somraj was a chemist, he learned to document everything about scientific experiments in laboratory notebooks. You might want to use a similar approach while reading Awakening The Sacred Gate.

To raise self-awareness, many readers find great benefit in recording their thoughts, reactions, and discoveries in a personal journal dedicated to sexual exploration. We suggest you get one right away. Then, as you read this ebook, you can jot down what you agree with, what makes a strong impact on you, and what doesn't jive with your experience.

When you do the practices sandwiched throughout this ebook, you're bound to learn lots about your body, your sex, and yourself. Capturing your adventures offer valuable insight as you progress and help you remember important discoveries. Journalling becomes an invaluable tool when you choose to communicate to a lover what you've learned about pleasuring your Sacred Gate.

During all the practices in this training program, we don't expect or encourage complete instant transformation. So writing down what happened can help you pick up where you left off next time. Further, the G-Spot and female ejaculation often push emotional buttons and raise issues buried deep inside. You'll want to take some breaks to process what comes up, clear the decks, and integrate what dawns on you.

Journalling can help with all that.

To energize your journalling, you'll find discussion questions similar to the following spread throughout your ebook. You can write your answers or close your eyes and look inside at your own situation. If you're anything like the average couple, talking about sex isn't the easiest thing to do. Those who go through this program with a partner find that these questions are great stimulants for honest intimate communication.

EXERCISE: Journal Discussion Questions

Here are some questions to journal, reflect on, or talk about...

- How big is your capacity for pleasure?
- How much spirit do you bring into your loveplay?
- What are your orgasms like? Difficult? Full-body? Multiple? Continuous?
- How much of your sexual potential have you realized?

Tantric Sex

Tantric Sex is making love reverently, sacredly, and consciously to maximize and circulate orgasmic energy. It's much more than technique. It's an amalgamation of attitude and emotion, awareness and approach.

To be sure, this ebook will teach you lots of specific sexual how-tos that will give you enormous confidence. Just remember, when you combine them with the Tantric attitude, voila, you'll become every woman's dream lover.

Awakening The Sacred Gate includes expansive and exciting solo and partner practices to enable you to understand, first-hand (pun intended), the nature of Tantra and the experience of Tantric Sex. Before you're done, you'll know exactly how to find, excite, and create maximum pleasure from the G-Spot. You'll know how to ejaculate if you're female, or make your female partner's waters flow regardless of your sexual preference.

More importantly to students of Tantra, you'll know how to interweave mind, body, and spirit to create powerful, ecstatic and long lasting sexual experiences, with or without sexual union. (That's one of our names for intercourse.) You'll learn to muster your inner fire, couple sexual energy with physical touch, and exchange orgasmic magnetism with your beloved.

By the way, everything here applies to women giving to women as well as men giving to women. Except of course in the chapter devoted to maithuna, sexual intercourse. Everywhere else, we've done our best to use language that honors whatever your sexual preference is.

Kundalini To The Rescue

Before going further, we should explain what we mean when we refer to a key target of Tantric Sex, *Kundalini* energy. There's a dormant life force inside all of us that few tap into fully. When you're turned-on sexually, you can feel this nervous stimulation and physical excitation, alive, bubbling, vibrating inside you. Even when you're not, you can probably feel it trickling and tickling inside.

This is *sexual energy*, which most lovers feel most strongly right before orgasm. So sometimes we call it *orgasmic energy*.

Kundalini is the old Sanskrit name for this normally latent psychosexual power. The ancients pictured Kundalini like a coiled snake that lies sleeping at the base of the spine. When awakened through Tantric practice, Kundalini energy can ascend through the subtle body, creating powerful ecstatic experiences and heightened cosmic consciousness.

Know how to do that for yourself, and exchange Kundalini with a partner and, virtually, the sky's the limit.

Being a great lover is a learned art and science. If you grew up the way most of us did, you weren't born into a society fully aware of this knowledge. Now you can enter the Sacred Gate of Supreme Bliss. The path is great and wide.

Welcome to expanded Tantric sexuality.

Why Is It Important For You To Learn About Tantra?

Tantra is the ancient art of transforming the Kundalini energy awakened by orgasm into spiritual connection and cosmic consciousness. Its roots are very old, as long as 7,000 years ago.

Tantra shows us how to open fully to our sexual nature and, in the process, learn to love all of who we are. As we practice more ways to feel pleasure and consciously experience ourselves as sexual beings, we're able to more fully realize our spiritual nature. Sadly, we live in an anti-ecstatic society that doesn't promote joy, pleasure, and ecstasy as worthwhile pursuits.

Tantra says these are the **only** worthwhile pursuits.

As part of your Tantric exploration into the depths of your sexuality, it is only natural that you explore the capacity of the Sacred Gate and the phenomenon of female ejaculation. Tantra says be all you can be, experience everything, enjoy.

Know yourself sexually, and the truth will set you free.

We'll fully explore the nature of Supreme Bliss Tantra so you'll learn how to be the blissful, playful, energetic lover you were born to be. That's a lover who has the desire and capacity to make lovemaking last through multiple orgasms of multiple kinds, regardless of your sex.

We'll teach you ancient Tantric secrets about how to relax, awaken your senses, and use your breath to increase your sexual pleasure. We'll demonstrate how to move your body to enhance your orgasms. We'll offer you everything you need to know, to practice, to experience and to fly emotionally and spiritually on the wings of sexual bliss.

Why We're Qualified To Write This Ebook

Jeffre and Somraj started Tantra At Tahoe in 1998 to teach lovers the ancient art and science of sacred sexuality. Our combined 53 years of teaching and counseling experience created the backdrop to help singles and couples integrate the secrets of Supreme Bliss Tantra into their lives. Our strong sexual appetites and willingness to experiment ourselves and with others provide the personal experience that allows us to write with conviction.

Jeffre TallTrees, Ph.D. is a SkyDancing Tantra Teacher with over 30 years of clinical psychology experience specializing in relationships and human sexuality. Jeffre is co-author of Intimacy: The Green Light for Red Hot Sex and A Lifetime Of Loving. She is a shaman, healer, counselor, workshop leader, columnist, artist, and avid skier whose advice is highly sought after.

Somraj Pokras is the author of countless articles about Tantra, over 50 workshops, and 4 books including the best-selling Ultimate Ejaculation Mastery. During his 30 year career as a counselor, group facilitator, and trainer, Somraj has guided more than 20,000 people to lead more effective lives. Somraj is a private pilot, avid skier and mountain bike rider, website designer, and worshipper of the Goddess.

We derive great joy from assisting others to release their sexual inhibitions. By unblocking their pleasure, they learn to make lovemaking last and last and last. We live in the mountain paradise near Lake Tahoe, California with our two golden retrievers, Shiva and Shakti. Our Tantric lifestyle allows the four of us to celebrate the beauty of nature during all seasons.

With all the stress, disease, and unhappiness in today's world, somebody has to demonstrate that it's possible to enjoy life to the fullest. We're making that our ecstatic life purpose. That's our story and we're sticking to it.

EXERCISE: Energy Discussion Questions

Here are some questions to journal, reflect on, or talk about...

- Why do you think Tantra can help you?
- How relaxed are you during sex?
- How open do you feel you are to Kundalini energy?
- When and where can you feel sexual or orgasmic energy in your body?

1.3 Sexual History Section

"Ultimately, your definition of sex or sexuality is limited only by your imagination and willingness to explore." ----- from Intimacy: A Green Light For Red Hot Sex And A Lifetime Of Loving by Jeffre TallTrees and Orv. Fry

The Sacred Gate

The G-Spot is a highly sensitive area on the front or upper wall of the yoni (Tantric for vagina). *G-Spot* a modern term, coined by Ladas, Whipple, & Perry in their 1982 book The G-Spot And other Discoveries About Human Sexuality. They named it after Ernst Gräfenberg M.D. who first wrote about this "new" orgasmic trigger in a scientific journal in 1950.

By the way, Gräfenberg didn't call it a spot and rightly so. It's an area in different places in different women. And it moves.

We call the G-Spot the *Sacred Gate*, partly because all of sex is sacred to a Tantrika (a Tantra adept) and partly because it truly is a doorway to profound love, deep emotional intimacy, and sexual ecstasy. The Sacred Gate contains the power to unleash hidden emotions, generate deep orgasms, and trigger ejaculation when aroused enough.

Before you're done reading this ebook and doing its many juicy practices, we can assure you that you'll be able to find and excite your beloved's Sacred Gate. You'll learn anatomy, massage strokes, and more pathways to G-Spot orgasm than you can imagine.

We expect that some of you have had negative experiences with G-Spot stimulation. You may have felt little, nothing, burning, or other discomfort. Let us assure you that, by following our program to **awaken** your Sacred Gate, this will never be the case again.

We should warn you that we use the terms *G-Spot* and *Sacred Gate* interchangeably. Hopefully that won't confuse you.

A Brief Sexual History Lesson

Though G-Spot is a modern term, undoubtedly the ancients were aware of the super sensitive parts inside yoni (vagina). They were certainly aware of one the Sacred Gate's primary sexual functions, female ejaculation. There are references to the female expulsion of fluid with orgasm as early as Aristotle in ancient Greece. The Kama Sutra mentions in clearly. Shakespeare called it "the water of my love."

It wasn't until about 400 years ago that a Dutch anatomist, Regnier De Graaf, clearly defined the glands and ducts that make up the Sacred Gate. He said they were analogous to the male prostate. This started a scientific trend of referring to the G-Spot as the female prostate.

In 1880 Alexander Skene, M.D., extensively studied and illustrated the glands and ducts that comprise the female prostate. To this day, some refer to this part of a woman's anatomy as Skene's glands. It wasn't until 1953 that a urologist named Samuel Berkow concluded that this tissue was erectile.

More current research beginning in the 80s concluded that the Skene's glands are small, functional organs that produce female prostatic secretion and possess cells comparable to the male prostate.

When you feel the G-Spot, or Sacred Gate, you're feeling these glands beneath the skin of yoni's upper wall.

More Research, More Arguments

About the turn of the 20th century, Freud was generating his own revolution about the nature of sexuality. He said there were two kinds of orgasm: clitoral and vaginal, or in Tantric terms clio and yoni. Freud convinced many that clio (clitoral) orgasms were immature. According to him, it took a real woman to have a yoni orgasm.

In contrast, pioneering sex researchers, like Kinsey in the 50s and Masters & Johnson in the 60s, believed that only clio was responsible for women's orgasms. The good news was that these findings spurred vibrator-wielding feminists to teach women that they could develop their orgasmic potential.

The bad news was that, depending on who they listened to, many people ignored a valuable source of female sexual pleasure. (Don't worry, we're not going to take sides in this silly debate.)

Fortunately, the pendulum began to swing back in 1982 when the G-Spot book was published. Public consciousness, fueled by scientific research and growing comfort with the sexual revolution, opened to other orgasmic triggers.

Make Love Not Controversy

Don't expect your family doctor, or even your OB/GYN to know very much about sex. In most medical schools, the training devoted to sexuality is either non-existent or minimal. A few medical schools increased their emphasis on sexuality in the 70s and 80s, but many of them have cut back since then. So it's no surprise that the controversies over the existence of the G-Spot, different kinds of orgasms, and female ejaculation continue to this day in the medical community.

It's only been since the late 90s that medical research began to take seriously the notion that women's sexuality operates differently than men's. At last, serious investigation is underway into the unique sexual anatomy and physiology of the female that will ultimately support women in leading joyful sex lives. What you'll read here is based on the most recent findings.

Women Are Different, Duh

We understand the frustration of male-dominated sciences being unable to describe female sexuality with simple linear models and reproducible formulas.

The fundamental fact that keeps appearing in our reading, research, and client work is that each woman is different. Although there are some general commonalities, each woman will have her proclivities, her preferences, and her own kind of orgasms.

Her pleasure, her sensitivity, and her climaxes will differ based on factors within and without: her mood, her hormones, her level of arousal, her connection to her partner, her openness to passion, and her acceptance of her own sexuality.

Those of us who honor the Goddess and specialize in the study and practice of sex know without a doubt that the Sacred Gate exists. As does clio. It doesn't take an expert to prove that they both can help you explode with passion if you want.

Never fear, your G-Spot is alive and well and living inside. When you discover exactly what it wants, it can shower you and your lover with delicious peaks of pleasure and sweet female ejaculate.

Thank the Goddess for big favors.

EXERCISE: History Discussion Questions

Here are some questions to journal, reflect on, or talk about...

- What kind of values did your family hold about sex?
- What role do you feel sexuality plays in a healthy life?
- What kinds of sexual repression have you personally experienced?

Yes, Female Ejaculation Is On The Map

As our title suggests, female ejaculation is another of our primary objectives here. We're going to prove to you that it's quite common, feels wonderful, is great to learn, and doesn't release urine.

In fact, Jeffre had to talk Somraj out of using "tastes great, less filling" here.

Female ejaculation sounds a little bit clinical, doesn't it? We like to keep things simple, but sometimes we just have to use terms that turn us on more. So we often refer to ejaculating as "letting the waters flow," and call female ejaculate fluid *amrita*. Amrita actually means something like "divine nectar of the Goddess."

Now, isn't that just more exotic and erotic?

A significant percentage of women already know they gush, squirt, or dribble amrita when they orgasm. Some researchers theorize that all women ejaculate when they orgasm, although for some this may only be a few drops.

Some women ejaculate only with G-Spot stimulation. Others may ejaculate with either Sacred Gate stimulation or clio stimulation. Some let loose only when both are stimulated. You'll certainly want to play with them all.

Women, which one of these do you think would do the trick for you?

Before you're done, you'll believe it, want it, and know what to do about it. We're convinced that any Goddess can learn if she wants to. Yes, we're talking about you, dear.

EXERCISE: Ejaculation Readiness Checklist

Description

Above all else, this is book about practicing sacred sex. Though there aren't any really juicy sexual practices that fit in to this introductory chapter, there is a really valuable exercise you should go through right now.

We've compiled a short checklist for you to fill out so you can find out how ready you are to let your feminine waters flow. Though it's written in the first person, partners can replace "I" with "she" and "my" with "her" to rate their beloved's readiness to ejaculate.

For women, ejaculation is the culmination of everything you'll learn in Awakening The Sacred Gate. You can use this checklist as you progress through it to gauge your progress. To assist that, we've indicated which chapters will help you raise your score on each question.

Rating Scale

To complete the quiz, read each statement, close your eyes, take a deep breath, and feel how much it applies to you. Then score each sentence from 0 to 5 using this rating scale...

- | | |
|---|--|
| 5 | completely describes me all the time. |
| 4 | mostly describes me. |
| 3 | sometimes describes me. |
| 2 | only applies to me a little. |
| 1 | most often doesn't apply to me. |
| 0 | doesn't apply to me at all or I don't know if it does. |

Questions

1. I love sex and am entirely **Proud** of it. (Chapter 2)
2. My attitude is completely **Sex Positive**. (Chapters 2 & 7)
3. My **Mind** helps me get totally aroused and romantically engaged. (Chapters 3 & 7)
4. I feel safe and **Trust** my lover, even when that's me. (Chapter 4)
5. I desire to share pleasure and love in my healthy **Relationship**, even when that's with myself. (Chapter 4)
6. I **Talk** freely and openly about sex. (Chapter 4)
7. I can **Relax** thoroughly during states of high arousal. (Chapter 3)
8. I totally love and accept my **Body** and all it's parts and fluids. (Chapter 4)
9. I know all the trigger points that give me the best **Turn-On**. (Chapter 5)
10. My tissues and erogenous zones are free and **Supple**. (Chapter 7)
11. The **Sexual Muscles** in my pelvis are strong when I need them and relaxed otherwise. (Chapter 3)
12. I love **Clio** and know exactly how to please her. (Chapter 5)
13. I know exactly where my **G-Spot** is. (Chapter 6)
14. I know exactly how to give my G-Spot maximum **Pleasure**. (Chapters 6 & 9)
15. I know how to **Guide** a partner to give me maximum pleasure. (Chapter 8)
16. I show I'm **Excited** by moving, breathing, making sounds, and expressing emotions. (Chapter 3)
17. I can easily and reliably **Orgasm**. (Chapter 8)
18. I have **Multiple**, extended, continuous full-body orgasms. (Chapter 8)
19. I know how to relax, **Let Go**, and push out to ejaculate. (Chapter 10)
20. I want to **Shower** myself and my beloved with my divine nectar. (Chapter 10)

Scoring

Total your scores with a maximum possible 100. If your total is...

Above 80	You're ready to go for it.
Between 60 and 80	You're close.
Between 40 and 60	You've got some work to do.

If your score is below 40, you'll want to take every practice in this ebook really seriously, using them to create a long-term program. The good news is that you have so much great fun and juicy pleasure awaiting you. We envy you all the growth and self-discovery ahead. You can expand your sexuality, we're sure of that.

So what are you waiting for?

Male G-Spot

We don't for a minute want to perpetuate the perceived inequity of the sexes. In Tantra, everything is a merger of male and female energies. Both exchange, interact, and interchange roles to create a balanced partnership. Which is why our bonus chapter focuses on the male G-Spot, known in scientific circles as the male prostate.

Both genders will undoubtedly want to better understand men's other powerful orgasmic trigger - the one inside, not the one hanging between his legs. If you're a man, it's time to get excited about the incredible new sensations ahead. If you're a woman, you'll want to learn how to **do** your man the way this ebook will teach him to **do** you.

The male prostate is the seat of divine, long-lasting, powerful orgasms for the man, without ejaculation and sometimes even without a hard-on. Oh, my, doesn't that sound like a different experience?

Ironic, isn't it, that highly sexual Tantric women routinely ejaculate when they choose, while highly trained Tantric men rarely ejaculate. We like to call this the ultimate Tantric paradox.

EXERCISE: Sacred Gate Discussion Questions

Here are some questions to journal, reflect on, or talk about...

- Do you know how to find and excite your or your partner's Sacred Gate?
- Are you or your partner more easily orgasmic from clio or yoni play?
- Have you or a female partner ever ejaculated?

1.4 Chapters Overview Section

How To Read This Ebook

Like most books, we arranged this volume in order. Later stuff builds on earlier stuff. Orgasms and ejaculation depend on understanding the different kinds of massage and sexual strokes. Stroking depends on understanding anatomy. Making the most of any turn-on depends on learning the Tantric art of channeling Kundalini energy. The further you get in this ebook, the more we'll be referring to earlier concepts and skills.

Tantra honors spontaneity. If you're anything like us, you'll be sorely tempted to skip ahead to the good stuff right away. Since we honor that, we've tried to accommodate you as best we can.

Remember that the practices spread throughout each chapter contain the core of what you'll learn. More than concepts, the later skills you want to develop definitely depend on previous ones. So if you do jump around, we can't promise it will work for action learning.

As a fallback, here's a little overview of each chapter. If you get lost somewhere along the way, come back here and use this orientation to decide what you missed.

Tantric Terms

Have you already noticed that we like to use Tantric terms instead of the "normal" words for sexual parts and actions?

Somehow, medical terms or slang expressions don't create the Tantric mood and approach that makes sex sacred. We'll be interchanging Tantric terms to encourage you to get out of your old preconceptions and more into the merger of sex with spirit. That's why we really encourage you to read Chapter 2 next, Sacred Tantric Sexuality.

Just in case you do skip around, we'll redefine our special words occasionally. If you get confused, there's a complete glossary at the end.

Here's a short listing of the main ones to help you get familiar...

Amrita	=	Female ejaculate, nectar of the gods.
Jewels	=	Genitals
Kundalini	=	Sexual or orgasmic energy
Maithuna	=	Sexual intercourse, sacred union
Sacred Gate	=	G-Spot
Sacred Union	=	Sexual intercourse
Vajra	=	Penis
Yoni	=	Vagina/Vulva

Before we forget, Tantra views everyone as a reflection of divine powers. Often you'll find us referring to the fair sex as the Goddess.

Chapter Overview

Here is a little bit about each chapter of Awakening The Sacred Gate. Since you're nearly done with the Introduction Chapter, do we have to explain what's in it?

Sacred Tantric Sexuality Chapter

The Sacred Tantric Sexuality Chapter gets more specific about enhancing your Tantric skills and beginning to weave the magic. It explains how to use sexual pleasure as a spiritual force. Creating attitude, mood, and intention to reach untold heights of ecstasy starts here. Read this chapter to understand the dance between male and female energies and forever after approach loveplay with reverence, awe, and excitement.

Kundalini Energy Chapter

The Kundalini Energy Chapter introduces you to a subtle force inside you that can sweep you away like nothing else. We call it orgasmic energy and it's the key to Tantric energy orgasms. To harness this power, you'll learn how to use the four cornerstones of Supreme Bliss and build the sexual muscles that regulate your orgasms and your ejaculations. When you've mastered these simple skills, you can turn the slightest arousal into the most satisfying explosion you've ever had.

Tantric LovePlay Chapter

Any kind of intimacy can be so exciting that we like to use the word *loveplay* instead of *foreplay*. Did you know that Tantrikas are capable of having ecstatic experiences and powerful orgasms from subtle touch, breathing, or even fantasy? Well, they can. We don't like to perpetuate the common pattern of rushing through arousal to the good stuff: intercourse (followed by sleep).

It's certainly true that turn-on is essential to Sacred Gate Orgasm and female ejaculation, whatever way you seek them. Which is why our Tantric LovePlay Chapter will help you get hot, ready, and in the mood for incredible new experiences. It includes tips on sensual massage, intimacy, and some very special titillating treats from the Kama Sutra.

Sacred Landscape Chapter

The Sacred Landscape Chapter could be titled anatomy, but we're going to look under the hood for more than just flesh and bones. What are the sensitive parts of yoni? How do they fit together? Where is the G-Spot? With the fun practices in this chapter, you'll really enjoy discovering your own or your partner's hidden secrets. When you're done, you'll be able to navigate the feminine geography with insight, confidence, and respect.

Sacred Gate Massage Chapter

It's one thing to find a woman's Sacred Gate and another for her to thoroughly enjoy it being playing with. The Sacred Gate Massage Chapter will teach you the four basic strokes inside yoni and umpteen variations. When you're in the thick of it, you'll really appreciate our learning philosophy: practice, practice, practice. Whether you're giving or receiving, we bet that you'll really enjoy exercising your sexual potential here.

Yoni Healing Chapter

If your energy channels are so wide open that you can make yourself orgasm simply with your mind, Tantric sexual healing may not be essential for you. For the rest of us who've accumulated lots of emotional and psychological baggage around sex, here's a great chance to clean house. The Yoni Healing Chapter demonstrates how we all store issues in our tissues and what to do to release them from yoni. It feels great to use pleasure to direct Kundalini as a

cleansing and revitalizing force. Inhibitions, wounds, traumas be gone! Make way for supreme ecstasy.

Ecstatic States Chapter

Ecstasy is intense joy, delight, and elated bliss. It's an extraordinary elevation of the spirit by overwhelming emotion so intense that you're carried away beyond the reach of rational thoughts and ordinary impressions. That's the promise and reality of Sacred Gate Orgasm for those who travel this sacred path.

The Ecstatic States Chapter breaks down the orgasmic experience into its components so you can learn to dance and cavort at new levels of excitement and awareness. You'll learn about clio orgasms, G-Spot orgasms, blended orgasms, and how they merge with Tantric energy orgasms. We'll show you how to have a single one, multiple ones, and really really long ones.

In this chapter you'll find specific practices that enable you to play in the O-Zone for hours. The O-Zone is the high plateau of ecstasy we call the Orgasm Zone. When you reach it, you'll float continuously with intense, multiple, and extended full-body mind-blowing orgasms. Your mind will drift and your body will feel weightless, as if you and the universe were one.

Kama Sutra Sex Positions Chapter

The Kama Sutra is a fascinating compilation of earlier works about the social customs and sexual techniques in the upper classes of India around the turn of the common era. In spite of its limitations, it offers frank advice about sexual union, especially the fit of vajras (penises) in yonis (vaginas). It graphically explains why size doesn't matter so much when you know how to adjust for jewel (genital) fit to make just about any penetration ecstatic. The Kama Sutra didn't include Tantric methods of creating Supreme Bliss regardless of anatomy. Our Kama Sutra Sex Positions Chapter combines its detailed classification of lovemaking postures with sacred sexuality for the most intense G-Spot pleasure.

Female Ejaculation Chapter

In the Female Ejaculation Chapter, we'll explore the nature of amrita (female ejaculate), where it comes from, what it looks like, how it tastes, how you make it flow, and how you can get someone else to help you gush. We'll need to start by getting you to honor the Goddess's nectar and look forward to being showered. This may be one of the most graphic step-by-step training manuals you'll ever see. It includes using fingers, sex toys, and vajras.

Male G-Spot Bonus Chapter

Your free bonus included in this ebook, the Male G-Spot Chapter, really digs in to the male prostate (pun intended) and why it's so orgasmic for men who've been trained to enjoy it. Men and their partners will learn how to find, approach, and excite it from outside and inside. Although it may sound strange initially, the pleasure you can experience makes it well worth facing your fears and prejudices and just going for it. Imagine having Kundalini energy surging through your body for long periods of time, rivaling the best ejaculatory orgasm you've ever had. For sure, there's a learning process that the practices of this chapter lay out in detail. Ultimately, many men favor these kinds of orgasms over the conventional kind.

Conclusion Chapter

We wrap up with a juicy story that leads you through what you've learned in explicit detail. Sacred sex is a perpetual journey so we'll give you some ideas about how to continue on the path to higher and higher bliss. This final chapter also includes our complete glossary, recommended reading list for further study, and music suggestions. We've also collected the

sex toys and other products we've recommended and where to get more information and buy them.

EXERCISE: Chapters Discussion Questions

Here are some questions to journal, reflect on, or talk about...

- Which chapters interest you most?
- Will you move through them in order or where will you go first?
- Which practices sound like they will most benefit you?
- When and how will you make time to practice regularly?

1.5 Closing Section

"The Tantric way is open to all the richness of human nature, which it accepts without a single restriction. It is probably the only spiritual path that excludes nothing and no one, and, in this way, it corresponds to the deep aspirations of men and women today." ----- Daniel Odier in Tantric Quest: An Encounter with Absolute Love

Be A Confident Lover

Tantra says **yes** to all that you are. We say yes to your desire to be a playful, confident, spontaneous, satisfying lover. We want you to feel pleasure with all aspects of lovemaking. We want you to know what to do to experience ecstasy inside as well as help your partner get there. We want you to be able to flow and respond lovingly with whatever you may encounter within yourself and with your partner.

This ebook can help you get there.

The information in this ebook will give you the confidence to be a better lover. Being a good, or even a great lover, demands an attitude of openness, a desire to learn, the ability to communicate, and the knowledge of what it is you're doing. Although none of what you're about to learn is difficult, it does require dedicated practice.

Pictures are great. Words are priceless. But without practice you probably won't gain the confidence necessary.

Whether you're the giver or the receiver, male or female, the more you practice with timely helpful feedback, the faster and better you'll learn. This is all part of Tantra's main theme of raising consciousness in areas normally ruled by shame, fear, and guilt.

What's Unique About All This?

We've read a host of detailed books about sex, bodies, and sexual techniques, some helpful, some fantastic, some inaccurate, and some out-of-date. Now that science and medicine are becoming more willing to investigate sexuality, especially the long-ignored arena of female sexuality, the picture has changed. We understand more about what's really going on inside the human body.

We've studied, taken lots of inspirational workshops, and practiced extensively to encourage spirit to move within us. This continuing work-in-progress has transformed our lives dramatically.

The promise of sacred sexuality is the merger of both. In our experience, few resources bridge the gap between sex and spirit enough. So we wrote Awakening The Sacred Gate to fuse the two ecstatically for you.

Sure, it's about how to give and get better orgasms than you ever imagined. Yes, it's about revering sex as sacred, using its power to connect and heal, and learning to surrender joyously with total abandon.

We do all that by integrating ancient spiritual attitudes and Tantric practices with modern awareness of sexuality. Yes, if we do say, we teach technique better than anything we've seen.

Most important, we present more than technique, more than **doing** your honey.

Make The Most Of Divine Play

Here you'll learn how to enjoy Tantric Sex as a true partnership, where neither of you is passive, where you both give and receive simultaneously. Awakening The Sacred Gate is really about reaching a spiritual state of intimate communion through divine sexual play.

When you master what follows, you'll be able to combine intense stimulation of orgasmic triggers from the outside with powerful energy expansion inside. Far more than the delightful explosion of orgasm, you will ascend to the Orgasm Zone of Supreme Bliss.

Life is a journey. We want you to live it fully. Your body is your temple, your soul connects you to the universe. You have all the tools within you. We offer you the information necessary to achieve new heights of ecstasy and pleasure which is your birthright. All you have to do is play with them.

We look forward to meeting you up there.

Chapter 2: Sacred Tantric Sexuality

"Tantra is a cult of ecstasy, a personal religion based on the mystical experience of joy rather than established dogma. It is worship; it is energizing and life-giving Tantric art, writings, and religious rituals glorify sex. Tantrics are anti-ascetic; they affirm life. They teach the discovery of the divine through the exhaltation of the total human. They use all of the senses, the mind and the spirit to reach mystic peaks."

---- Kamala Devi in The Eastern Way of Love

2.1 Opening Section

Purposes

The purposes of this chapter are to...

- Understand the pivotal role pleasure plays in life.
- Learn how Tantric Sex is different.
- Give you some basic tools of sacred sexuality.

Tantra Says "Yes!"

- Do you want to be engulfed hour after hour by ecstatic orgasmic vibrations?
- Do you want to completely submerge in love-bliss with your beloved?
- Do you want to float on a cloud of peak prolonged pleasure?
- Do you want to transform your mood, emotions, and stress level into vibrant serenity?
Enduring delight?

If you answered "yes, Yes, YES!", then you have some magical transformation to look forward to with Supreme Bliss Tantra.

We figure most of you bought this ebook to learn about unleashing the amazing power of the G-Spot to create wet and screaming orgasms. We will teach you world-class massage strokes, sex positions, and female ejaculation in later chapters.

Recognize that we can't guarantee cosmic mind-blowing orgasms or life-altering personal transformation from sexual techniques alone. You need the power of the ancient secrets of Tantra for that. What truly makes this ebook unique is the integration of Tantric practices with the latest information on G-Spot massage, orgasms, and female ejaculation.

Why Read This Chapter

Tantra is the ancient Eastern spiritual practice of sacred sexuality. It focuses on the pleasure we create by merging male and female energies. It's a unique attitude towards sex, love, and all of life itself.

The purpose of this chapter is to explain what Tantra is, why you should care, and how Tantric Sex can supercharge your love life so much more than by just diddling the right parts with the right strokes.

As much as you want to skip ahead to the "good stuff," we urge you to read this chapter about opening your sexuality to whole new dimensions. Your spirit is where the true power of sexual satisfaction lies. You and your sex life will truly never be the same.

Welcome to our approach to sacred sexuality that we call Supreme Bliss Tantra.

2.2 Tantra Section

"Tantra does not require "believing in" something, or even "agreeing with" anything. There is nothing to accept on blind faith. The validity of Tantric teachings and practices lies in our own experience, our own inner process. We don't have to take anyone's word for anything. No one is asking us to believe anything. There is no dogma. The only way we can truly practice Tantra is to give up our concepts of what we think is happening and see what is actually happening. Through the process of Kundalini awakening we open up to inner or intuitive knowledge. The Shakti stimulates insights and breakthroughs. We practice Tantra and relate these practices to our day-to-day life. We become more fulfilled and powerful." ----- Gurumayi Chidvilasananda

Supreme Bliss Tantra

Supreme Bliss is the zenith of sexual ecstasy that transforms Kundalini, or orgasmic energy, into expanded consciousness. Tantra believes that all energy is life force energy.

Supreme Bliss Tantra is the modern system of personal transformation based on the ancient Eastern spiritual path that uses Kundalini energy practices to...

- deepen love, intimacy and ecstasy
- extend lovemaking, and
- create continuous full-body mind-altering Tantric Orgasms.

By opening your senses of the present moment, embracing all of life and all of your being, and focusing on pleasure as a divine gift, Supreme Bliss Tantra...

- heals your mind, body, and spirit,
- connects you passionately with your deeper self and your beloved, and
- immerses you deeply into the untold joys of sacred sexuality to reach cosmic peaks of pleasure making life an ecstatic journey in total communion with all that is.

Wow! Can you see why we're so jazzed about it?

Ancient Tradition Without Fear

The word *Tantra* comes from the roots "to expand, extend, and weave." Tantrikas, adepts at Tantric practice, extend their awareness, heighten their sensitivity, expand their consciousness, and weave all the energies of life together to affirm joyous living.

Tantra emerged thousands of years ago in India, moving to China and Tibet as a grass-roots rebellion against the repressive hierarchical religions of the day. Back then, to even reach for enlightenment required lifetimes of denying desire and doing penance for past-life karma. Tantra opened the doors of spiritual evolution to everyone, regardless of their social status.

If you're worried about what you're getting yourself into, don't. Tantra isn't a religion based on faith, dogma, or right living. You don't have to join, carry a card, cut your hair, or wear robes.

Since it's not really a philosophy, it has no rules, qualifications, or requirements. There's no code of behavior, no punishment for sin, and no pot of gold waiting for you in the afterlife at the end of the rainbow.

If you're seeking inner peace, higher consciousness, a more fulfilling sex life with a new partner, or rekindling the earlier fire with a longtime mate, the erotic sacred wisdom of India and other Eastern cultures can help.

East Meets West

In the modern West, we stress the power of knowledge and thought. What you know determines what you can do. You measure success through work hard, accumulation material wealth, and caring for your relationship and family.

You reap physical pleasures, moments of happiness, and a high quality of living.

In the traditional East, the quality of inner life -- not the process of living -- was more important. Inner peace free from raging mind chatter was and is most important. Inner stillness free from the ravages of the pursuit of success and the fear of failure. Inner harmony free from relationship ups and downs by loving yourself most.

You reap Supreme Bliss by experiencing joy in every breath, every tree, every flower, every moment.

Tantra is the bridge between the East and West -- the path to the joy of the soul through full awareness of the physical world. By learning to make love consciously, fully, spiritually, you transcend the outer school of hard knocks and grow into total acceptance of your inner self while living in the world.

In Tantra, sacred sex is a path, not an end.

Tantra Means Let It Be

Being a spiritual art and practice, Tantra is primarily a way of life leading to deeper meaning and enlightenment. It guides you to harness the raw power of love and sex to fuel higher consciousness and promote personal transformation.

Tantrikas welcome all aspects of life, whether frowned upon by society or not. Adepts exult in living each moment completely, and practice pleasure as a high-priority discipline. Sophisticated lovemaking skills are revered as an alchemical science and creative art form.

Instead of viewing sex as dirty, low, or base, the original Tantras viewed the energy you experience during sex as a powerful, creative, healing, and even divine force.

Since many of us have repressed sexual urges, feelings, and thoughts, when we harness our innate sexuality, it becomes a powerful force, an accelerated doorway to personal growth and change.

Without drugs, Tantrikas deliberately induce altered states of ecstasy to create mystical experiences of transcendental oneness with the universe. We figure, why not enjoy ourselves while evolving?

Tantra says if we suppress the inner forces stemming from our natural self, they won't disappear. They'll just fester and manifest in our lives in an unhealthy manner.

We don't fight, resist, or reject anything.

Personal suppression can only produce mental warfare and internal stress. We release all stress as a useless struggle with no winners, only losers. We let go of the futile attempt to stop things that are happening from happening.

Maybe that's what Paul McCartney was singing about in "Let It Be."

EXERCISE: Beliefs Discussion Questions

This is a good time to write in your journal, talk to a friend, or discuss the following with your partner on the following topics...

- What are your beliefs about sex? Good, bad, etc.
- What do you like most and least about sex?
- What about sex do you disapprove of?
- What about sex do you fear?

If you don't come up with an answer at first, please dig deeper. The more you know about yourself, the more likely your sex life will expand and be terrific all your life.

Raise Consciousness

Raising consciousness is the heart and soul of Tantra.

So many people are swept through life looking at pictures in the mind instead of living with full awareness of each moment. They spend their time and energy dwelling on the past, plotting

the future, and comparing the current state of affairs to a set of pre-recorded subconscious tapes.

To counteract the programming that keeps us distracted and to quiet compulsive left-brain thinking, Tantra teaches us to focus our attention on the present.

Tantra shows us how to exist in this moment, become totally absorbed in the "now," and open our inner windows to the world fully. This activates our right brain that contributes to a presence more deeply rooted in spirit.

We do this by heightening our five senses -- sight, smell, taste, touch, and hearing. We become dedicated to enjoying the physical fully by reveling in eating, drinking, massaging, dancing, and making love.

We learn to live in harmony with whatever life serves up, whether on a silver platter or bed of thorns. That's partly why Tantrikas major in surrender -- just letting things happen of their own accord without resistance.

This whole approach to life suggests we should just give up goal orientation, enter each experience without expectations, and just live fully in each moment.

PRACTICE: Sitting Meditation

Description

Tantra aims to raise consciousness. It's not a philosophy but a collection of spiritual and sexual practices. A logical question, then, is how can you practice raising consciousness?

Soon we'll show you how to this with sex. For sex to be sacred, transformative, and awesome, you must approach it with the right attitude. That attitude is meditation. Which is a great way to practice consciousness.

Meditation is simply sitting and emptying the mind. It's not an essential prerequisite for joyous Sacred Gate massage, but it sure helps when you enter yoni with the right attitude. We describe it here for you to experiment with.

Since you can't force thoughts away, emptying the mind is more challenging than it sounds. Gurus have developed many meditation techniques down through the ages that can help you quiet the inner talk and enter a "no mind" condition. We've tried many of them and they all seek to create a deep inner peace filled with stillness.

Purpose

Sitting Meditation just guides you to watch your breath. The simple relaxation method is good preparation for what's coming, because conscious breathing is one of the Tantric skills used in the sexual practices that follow.

1. SPACE

Make some free time in a quiet uninterrupted space. You can do this next to a partner, but, since it's a personal private inner experience, it's not essential. Yes, you have to turn off your phone, answering machine, pager, and TV. Be brave, let go of the remote for just a few moments.

2. SIT

Sit in a comfortable position. The classic posture is the lotus position with one leg crossed over the other. We can't get all the way there, and it may not be easy for you either. Get as close as you can to this posturing, insuring that you sit upright at least. A great aid is a "zafu," a round Japanese meditation pillow that's firm and shaped like a fat

pancake. It helps you keep your pelvis higher than your semi-crossed legs. You can also meditate sitting straight in a comfortable chair or sofa.

3. BE

Meditation is not doing anything -- it's simply being. So don't set any goals or preconceptions of what's going to happen. Just sit for a moment and relax.

4. WITNESS

As you settle in to a comfortable state, you'll undoubtedly discover that your mind is busy. Don't do anything about it, just let it happen. Witness ideas floating by like clouds in a brisk wind.

5. WATCH YOUR BREATH

To quiet the mind without force, watch your breath coming in and out. Don't change your breathing consciously, just pay attention to it entering your nostrils, flowing into your lungs, and out again.

6. COME BACK

You'll probably find your concentration wandering away from your breath. Don't beat yourself up, this is natural. When you realize you've strayed, just come back to watching your breath.

7. A FEW MINUTES

Gurus advise sitting like this for 15 minutes morning and afternoon. Since you shouldn't be watching the clock, we're not sure how you time it. We usually just remain still until we relax and the mind settles.

Afterthoughts

Our primary concern here with how meditation helps prepare you for ecstatic sacred sex and Tantric Orgasm. All we can say is that tension impedes the process and relaxation is vital for long lasting supreme experiences. It also helps you practice focusing, an important skill in Tantric lovemaking.

As well, if you incorporate regular meditation into your life, you'll find that it's a great way to relieve stress, release tension, and relax. One essential requirement for ecstasy is "relaxation in high states of arousal."

2.3 Pleasure Section

"Pleasure... is a safer guide than either right or duty." ----- Samuel Butler.

Pleasure First

Tantrikas believe in enjoying life to the fullest. We employ the bedrock of sacred sexual discipline: practicing pleasure.

Tantra is the true art of living where pleasure NOW becomes the central driving force in each moment.

A central part of this discipline is to increase our capacity to enjoy. We begin to cultivate good feelings by fully opening our senses and flooding them with stimuli. We learn to accept more and more sensation and value it highly. We continue by savoring the excitement it brings.

This isn't as easy as it sounds. It requires more than just reserving playtime in our stuffed calendars. We've got to learn to pursue, cultivate, and surrender to ecstasy with gusto.

Just when we start feeling good, many of us resist. We're conditioned to believe we're being selfish, having too much fun, or don't deserve it. We've got to unlearn the guilt and resistance that's bred into us.

You may be asking, isn't that simply being self centered? Hedonistic? What about love and relationship? Our focus on pleasure and joy is always toned with consciousness. Because we know ourselves, we aren't ruled by our unconscious, we act with highest regard for ourselves, our beloved, and others.

Unless we're centered in our own being, we've not fully present to give love, compassion, and service.

Deferred Gratification Be Damned!

The dictionary defines pleasure as...

"A source of enjoyment or delight."

"Sensual gratification or indulgence."

You realize that Tantra is a spiritual path creating higher states of consciousness, right? We believe that simply being happy is a more evolved state. Tantra teaches us to evolve by heightening our senses and indulging in the gratification they bring us. That's why sexuality is such a powerful training tool in Tantra. It returns us to our natural condition of simply being content and fulfilled.

In Tantra we say that pleasure is central, or in other words...

Nothing is more important than feeling good.

Our modern lives revolve so much around deferred gratification. Work for 40 years and then you can enjoy life. When the kids grow up, then you'll revive your sex life. No time to relax now -- wait until next summer's vacation. But in the final analysis, why do you do anything if you don't believe it will make you feel better eventually? Why wait?

Extract Every Ounce Of Pleasure

The Tantric approach shifts the focus of feeling good to the here and now. Tantra teaches us how to extract every ounce of joy from the present moment and use that joy to guide our life.

Sacred sexuality is all about being in the moment, relaxing, opening your senses, and surrendering to subtle waves of pleasure energy that become more and more resounding as you welcome them.

In Somraj's Tantric ebook for men and the women who love them, Ultimate Ejaculation Mastery: The Ultimate Ecstatic Solution To Premature Ejaculation, he writes...

"To become pleasure-centered, you need to heighten your sensate focus. That means tuning in to all your senses: taste, touch, sight, sound, and smell. If you become more sensitive to everything that's happening all around and all over your body, you can distribute that delicious energy."

Win The Pleasure War Inside

Being pleasure-focused is really criticized in normal society. Just try making feeling good the center of your universe for one day and see what happens. You've got your work ethic to uphold, your religious taboos to honor, your prohibitions against being selfish to monitor. Better not appreciate someone else's physical beauty in business or you'll be accused of sexual harassment. Often these social injunctions create mental blocks and even get stored in your body, resisting any attempts to enjoy yourself.

As a result, we all have our limits to how much pleasure we can accept. If you're a serious workaholic or a conditioned fundamentalist, you may find that, instead of simply relaxing into feeling good, your mind floods with thoughts of being undeserving, doing something wrong, or instead giving to others. These are just some of the mind games that try to talk us out of pleasure.

EXERCISE: Resistance Discussion Questions

The next time you feel strong pleasure, be extra conscious of your thoughts and reactions. Whether you're enjoying playing with a child, watching a sunset, or engaging in exciting sexual play, watch what happens inside. Ask yourself...

- Are any of my thoughts resisting the delight I'm experiencing?
- Am I feeling any uncomfortable sensations in my body?
- Do I have any urges to tense up or shift out of what's making me feel good?

PRACTICE: Putting Pleasure First

Description

Do you accept that nothing is more important than feeling good? That pleasure is a divine gift you we're meant to enjoy? That anything we do, we do because ultimately it brings us satisfaction?

Tantrikas put pleasure first. We don't wait until we have earned it. Deferred gratification has little part in our way of life. We believe that our basic nature is one of joy, bliss, and ecstasy. As we become truly evolved, we become truly happy. That's why sex is such a large part of Tantric practice. It's training camp for being a fully realized enlightened being.

Want to experience stronger ecstasy and deeper intimacy? Then practice expanding your capacity for pleasure. Learn to relax and surrender more. Learn to open your senses and heighten your sensitivity. Learn to absorb, channel, and recirculate orgasmic energy. Learn to reach higher and higher peaks of ecstasy and wave after wave of bliss.

Purpose

If you agree with this, here's your chance to test if you're practicing what you're preaching.

1. LIST PLEASURES

If you've started a Sexual Exploration Journal, use it for this practice. Otherwise, get a small notebook that you can keep with you. On a new page, list everything that brings you pleasure. Include the favorite parts of your current life, past peak moments, and fantasies you get excited just thinking about. Travel, family, work, sex, art, sports, music -- don't leave anything out.

2. PRIORITIZE PLEASURES

On a new page, organize your pleasures in order from most to least. Forget about practicality here, just focus on what gets your juices flowing and what doesn't.

3. TRACK YOUR TIME

On the top of the next page in your notebook, write today's date. Keep track of how you spend your time. List your major activities every hour or quarter hour including sleeping, eating, etc. Don't just list general terms like "work" or "family" but break down your activities specifically enough so that you can compare your enjoyment of different things. Do this for at least a typical week.

4. TOTAL YOUR TIME

After a week or more, add up where you spend your life's time. Sleep will probably be the largest single chunk. On a new page, list your activities in descending order of time devoted to them.

5. COMPARE

Compare your top pleasure priorities with your top time blocks. Do you spend your time in places and with people that bring you pleasure? Which pleasures do you make time for? Which ones do you ignore? Which ones are you waiting for?

6. CHANGE

Our point is only for you to realize the ways you are taking time for what you enjoy and the ways you are not. This is the focus that's essential for Tantric Sex, to be fully engaged in pleasure. Of course, if you want to completely reorganize your life around your findings, be our guest. No extra charge.

Tantric Healing Is Sexual Healing

Putting pleasure first is a major challenge with arguably the most repressed aspect of modern Western life. Yes, sex.

Engaging in uninhibited sex requires growth from all of us who've grown up in the modern world. We carry more moralizing, shame, guilt, and anxiety into the bedroom than anywhere else in our lives.

Tantra wasn't designed as therapy for our sexual hang-ups and limitations, it just sometimes turns out that way. When we relax, exercise our erogenous zones, and enjoy our bodies, we often run into the old baggage that blocks our joy and excitement. We discover that old pains, wounds, and trauma are stored in our tissues.

Instead of focusing on problems, Tantric practice heals purely through the committed pursuit of pleasure. By opening our energy channels, we work through any resistance that surfaces.

We heal our wounds, lose our inhibitions, and release our inner blocks by seeking higher and higher states of ecstasy. We're left cleansed, relaxed, and free.

If we can become fully natural and spontaneous with sensual play, then we can probably do it with any of life's forces.

Craving Touch

All of us crave touch. Don't you?

In this era of high-visibility public campaigns against sexual harassment and child abuse, few of us get enough physical contact with others. In our too-busy high-stress lives, that probably extends to our newborns and loved ones all too often.

We're strong believers in the healing power of touch. It's a simple blessing, even without professional training. We recommend frequent therapeutic massage for everyone. You know, the kind that's designed to relax without sexual intent.

Why does touch feel so wonderful? Is it because feeling a soft loving presence on your skin opens your nervous and circulatory channels? Is it because it opens your energetic communication channels to the temple that houses your divine spirit? Or is it because we store our emotional issues in our tissues and massage helps release the unwanted negative energy?

G-Spot Healing

We say yes to all of these reasons. Just consider another vital question? What parts of your body need tender loving care but rarely get touched without an agenda?

Yes, your jewels (genitals in Supreme Bliss Tantra).

With all the confusion, wounding, and bad experiences the average person experiences during life, it's no wonder so many of us end up with inhibitions against physical pleasure and relaxation.

One of the most powerful ways to heal these sexual issues in your jewel's tissues is through gentle healing touch of your innermost sensitive spots, the G-Spot (Sacred Gate) foremost amongst them. We've personally seen the profound releasing that can happen with healing massage of the Sacred Gate for both men and women. The literature is ripe with story after story of tremendous sexual opening and transformation this way.

We encourage you to read on, drop you agendas about instant fireworks, and commit to gradually explore your hidden recesses. With pleasure as your goal, you may experience amazing Tantric Orgasms right away. Or you may need to slowly release tension from those places least loved through touch. Either way, the journey is a delight and the destination, a nirvana of Supreme Bliss.

Be sure to read the chapter on Yoni Healing. There, women will learn the approach, the attitude, and the techniques for greater opening to pleasure. The Male G-Spot Bonus Chapter address sexual healing for men, as well.

EXERCISE: Healing Discussion Questions

Here are some questions to reflect on, journal, or talk about...

- How have you been pressured to be sexual in a way that was against your will at the time?
- How have you been wounded sexually?
- What erogenous zones are sensitive or painful? Always or under certain conditions?
- Do any old thoughts or out-of-proportion emotions crop up when you engage in sexual play?
- What would you prefer to feel instead of the sensory memories of these painful experiences?

2.4 Sex Section

"Being fully present in the moment creates no only ecstatic sex but spiritual transcendence." -
---- from Intimacy: A Green Light For Red Hot Sex And A Lifetime Of Loving by Jeffrey TallTrees and Orv. Fry.

Celebrate The Divine Gift

Tantrikas celebrate sexuality as the supreme divine gift.

With Tantra, sex feels so fantastic when you learn to move out of your mind and into your body fully. Your body becomes ecstatic when it gets in tune with your spirit.

That's why we say it's more meditation than athletics.

Though Tantra is not directly about sexual techniques, Tantrikas become better lovers through conscious practice. Our experience deepens and opens new levels of intimate communion. Through the pursuit of pleasure, we release the issues in the tissues that have blocked our enjoyment. As a result, our erections become stronger, we make love longer, and we experience bigger and more prolonged orgasms. Even more, we experience ecstatic orgasms that take us to greater realms than "normal" sex.

Learning the full appreciation of sex teaches us to delight in our bodies and welcome pleasure. We explore erotic play fully and comprehensively, immersing ourselves fully just as we do with every other part of life.

What Is Tantric Sex?

"Remember, if you smoke after sex you're doing it too fast." ---- Woody Allen

Typical modern lovemaking starts with a quick build up and ends with an equally quick release of sexual tension. Not so in Tantra. Tantric Sex uses the same body parts and physical actions, but unfolds much differently than the average quickie hurtling downhill towards a sudden explosion.

Really, we're not against quickies. But what if there was something much much better that lasted much much longer?

In Tantra, we define S.E.X. as Subtle Energy eXchange. Tantric S.E.X. means any touching or moving together that connects lovers' inner vibrations. The Sacred Gate (G-Spot) is one of those highly energetic erogenous zones that strongly activates the flow of Kundalini energy.

Releasing tension and giving in to the urge to climax gets replaced with continuous streaming vibrations of ecstatic energy. When we enter the altered state of consciousness that comes with orgasm after orgasm, we simply want to float upon a cloud of bliss together.

Tantric S.E.X. is flowing, spontaneous, and conscious. It's open, intimate, and mutual. Sex this way is more leisurely, savoring every delicious morsel of pleasure, instead of rushing headlong towards maximum turn-on rapidly. It's a dance, not a race. Tantric lovers move so slowly, stopping frequently to settle deeply into the rising tide of pleasure, stretching the experience out as long as possible.

Tantric S.E.X. is more like sensuously sipping an expensive Cabernet than chugging a six-pack of brew. It more resembles sampling the delicacies at a gourmet buffet than inhaling a pepperoni pizza during Monday Night Football. It's certainly more like a twilight stroll through a perfumed Spring garden with your beloved on your arm than running a hundred-yard dash.

EXERCISE: Tantric Sex Discussion Questions

Here are some questions to reflect on, journal, or talk about...

- What zones of your body get turned on by what kind of stimulation?
- What sexual fantasies have you had?
- What erotic dreams have you had?
- How would you like your sex to be more Tantric?

Drop Your Goals, They'll Look After Themselves

There's no goal in Tantric S.E.X., only the present moment of perfect and harmonious union. Loveplay in Tantra is all about feeling pleasure intensely for long periods of time, nothing more and nothing less. It's about building, containing, and circulating Kundalini energy, not losing it. It's about letting the energy unfold and expand, not trying to make something happen.

We follow no agenda, set pattern, or programmed stages of foreplay and penetration. We don't rush through the preliminaries to get to the main act. We don't judge success in the sack by making ourselves or our partner climax. Since we have no goal of giving or receiving orgasm, anything may happen as the mood strikes the lovers.

That doesn't mean orgasm is unwelcome or avoided. And it doesn't mean that climaxes aren't incredibly spectacular in Tantric Sex. The many varieties of orgasm we experience are downright amazing when they overtake us. It just means we let them happen of their own accord at the highest peaks imaginable.

Don't Miss The Beautiful Fragrance Of The Roses

The problem with being orgasm-focused is that, instead of feeling what you're feeling, you concentrate on a future goal.

Pleasure is now, orgasm comes later.

If you focus on later, you miss the delicious energies building inside you now. If you're continuously comparing your lovemaking to some imagined mental picture, some earlier time, some hot porno flick, you can't fully appreciate what you're sensing in the moment.

Pleasure is now, orgasms come when they come. And they will come.

We can't argue with the business practice of setting goals and defining expectations up front. The natural tension of pushing for what you want serves some people as a useful motivator. But tension blocks the flow of subtle orgasmic energy, the powerful Kundalini force at the root of Tantra's transformative processes.

It's distracting enough to be thinking about coming or trying to prevent it too soon. When your mind is intent on your partner's climb to orgasm, you can get dragged down into a severe case of performance anxiety. Then, instead of focusing on feeling good, you spend your energy worrying about how well you're doing. You get caught up in all those media-hyped standards of how it's your job to make your partner go wild.

Get Back In The Sack Where You Belong

This takes you out of your body. By ignoring your own sensory input in the moment, you'll severely limit your ability to run sexual energy throughout your body and experience waves of orgasmic bliss.

In Ultimate Ejaculation Mastery, Somraj writes...

"Getting out of your head means letting go of so many worries that normally accompany sex even with long-time partners. So heighten your senses, feel your feelings, enjoy your pleasure with no agenda, and you'll gradually learn to stay out of your head and into your body."

When you're trying to recreate an earlier ecstatic incident, expecting to go longer than last time, or wanting a bigger explosion this time, you're taking yourself out of the experience you want to expand. All too often having expectations just create frustrations which you carry into later encounters. Soon, simple enjoyment gets bogged down with all these mental standards and judgments, future agendas and plans.

Instead of thinking, you should just be just playing and having fun.

In contrast, the sexual practice of Tantra guides you to shift from orgasm -- where you expect a defined ending - to continuously experiencing orgasmic energy for as long as you choose.

EXERCISE: Sexual Discussion Questions

Here are some questions to reflect on, journal, or talk about...

- Describe a peak ecstatic sexual experience.
- Describe a typical sexual encounter.
- How would you like your sex life to be different?

Speak Up And Enjoy

Are you familiar with that common mental refrain "Am I doing it right?" or the verbal one, "Did you come yet?"

Because Tantrikas enter into sacred sex without expectations, performance anxiety disappears. When sex becomes a conscious dance of energies, any mystery about what's happening with your partner disappears.

If you can picture synchronized swimming with telepathic communication, you'll get some sense of what Tantric Sex looks like.

Tantric lovers know that they're each responsible for their own pleasure. They recognize that erotic experiences begin within. They know what they like, what they prefer in the moment, and what to pass on during each encounter. They've explored all pleasure triggers and know when and how they want their Sacred Gate stimulated. They ask for what they want, voice their reactions, and give lots of feedback. And they do it in a way that enhances intimacy and contributes to the sensual mood.

Obviously, this kind of authentic interplay requires knowing, accepting, and loving yourself fully. Then you can be scrupulously honest, totally real, and refreshingly transparent with your innermost desires. Which leads to knowing, accepting, and loving your beloved.

Partnering Questions

Because Tantrikas use sexual play along with raising awareness, we focus on, talk about, and study sex more than the average person. But we don't plan things out in detail. We learn to look inside, understand what we're wanting and feeling now, and then talk about. And we never do anything to another, even a long-term partner, without their permission.

If you know where you and your partner are both at, it's much easier to relax. If you trust that your partner will respect your needs and limits, you don't have to maintain tight control all the time. In Tantric Sex we often focus on preparations so that we haven't a care in the world during the experience and can become thoroughly spontaneous.

That's why Tantric Sex is uniquely a partnership involving mutual consent, energy balance, full participation, giving, **and** receiving. To make sure, we always start any partnered Tantric practice by discussing three issues...

- 1) **Desires:** what you want, intend, or hope will happen,
- 2) **Concerns:** what's on your mind or worrying you about it, and
- 3) **Boundaries:** lines you don't want your partner to cross.

We call these the Partnering Questions.

For example, before a sensual massage a woman might ask for...

- long slow oiled strokes (desires),
- without things turning too sexual because she's having menstrual cramps (concerns),
- with no yoni penetration (boundaries).

PRACTICE: Partnering Questions

Purpose

The following practice guides you in getting familiar with the three Partnering Questions by discussing the topic of sex in general. During later practices, you'll use them to prepare more specifically.

1. LOOK INSIDE

Take a moment to look within and identify how satisfied you are with your current sex life. Consider what you've had, what you've got, how it's working, how it's not, plus what you want more of and less of. Include desires, feelings, concerns, frustrations, and fantasies. The more honestly you can do this, the better your coming experiences will be.

2. ONE PARTNER PRESENTS

One explains their desires, concerns, and boundaries regarding sex with the other. The other partner should simply listen, acknowledge, and ask for clarification only if necessary to understand. A minute each is usually sufficient for each question.

3. OTHER PARTNER PRESENTS

Exchange roles so the other partner can explain their answers to the three questions.

4. NEGOTIATE

If there are differences in desires or boundaries that conflict, discuss what you can do to honor each other's wishes.

Tantra 101

So you'll know what to expect, let us introduce you to some of the basic Tantra principles you'll find appearing in this book over and over...

- Relax and go with the flow, allowing natural forces to run their course.
- Don't be inhibited and don't resist healthy impulses,
- Be supremely conscious of everything while watching and enjoying.
- Be present in the moment and open your physical senses.
- Make love on multiple levels: sex, heart, and spirit.
- Focus on pleasure in the moment, not simply on achieving the big O,
- You are responsible for your own pleasure and responses.
- Know what you desire, what your boundaries are, and voice them.
- Empty your mind of goals and anxieties, letting sex become a timeless blissful meditation.
- Allow orgasm to become a sacred energy event, separate and distinct from ejaculation and physical orgasm.

2.5 Sacred Sex Section

"Tantric Buddhism is the much misunderstood practice of using the sexual energy as a way of exploring spirituality...using sex as a gateway to a richer and deeper spiritual experience, and using spirituality as a means of expanding the sex act into one of erotic symbolism and meditation." ----- Richard Craze in A Beginner's Guide To Tantric Sexuality

Why Do You Call Tantra Sacred Sex?

In many circles, the word Tantra is synonymous with sacred sexuality. How can we make such an outrageous claim?

In part, that's because the original Tantras taught sex as a path to higher consciousness. If you employ your superabundance of sexual energy as fuel for growth, then you'll experience our private definition of Tantra, too -- the fast track to enlightenment.

Further, Tantric LovePlay is a way to bring sexuality into harmony with spirituality, making sexual love a sacrament of sacred union.

No, You Don't Have To Go To Tantra Church For Great Sex

If you're religious, you can easily adopt the view that everything on earth -- including sex -- is God's gift. Your body is a temple that houses your soul. Or if you lean towards the more pagan traditions, the Goddess who is love gave us sex as a reward for honoring spirit.

Either way, it's our spiritual imperative to accept this supreme offering and revel in it. Don't you agree?

We connect lust, love, and life force by making love on multiple levels. Tantra is sacred sex because we merge all our energies inside by connecting the sex, heart, and spirit chakras (the energy centers up and down the body in line with the spine). And share each with our beloved.

Tantra teaches that we're all a reflection of higher powers. In our rituals, we always include a *namasté*, the traditional Eastern palms together over the heart with a bow. *Namaste´* means "the divine light within me honors the divine light within you."

Whatever way you cut it, Tantric LovePlay operates on a different plane than pure animal attraction.

PRACTICE: Heart Salutation

Description

Try this little greeting and closing gesture as a way of showing your respect for the life force of your partner. We do it each time we make love or when we're doing other joint practices. Though it just takes a moment and is silent, the intense eye contact creates an intimacy that sometimes leads to exchanging heartfelt appreciation of each other.

Purpose

To learn a simple way to show Tantric respect for the divine qualities of your partner.

1. SIT

Sit cross legged in front of each other as close as you can get. Comfortably make eye contact.

2. HANDS DOWN

Put your palms together pointing down, both of you. Touch the floor in front of you still making eye contact.

3. IN BREATH

Pull your hands, palms still together, up to your hearts as you each take a deep slow breath still making eye contact.

4. VISUALIZE

As you breathe in and move your hands up, visualize the energy of the earth being drawn into your hands and then into your heart.

5. LEAN FORWARD

Keeping your hands on your hearts, lean forward and touch foreheads in a "third eye kiss" as you slowly exhale. Visualize the energy exchanging between you.

6. PART

Lean back as you take another deep breath, keeping your hands on your heart. Some like to close their eyes at this point as they take their energy back inside.

7. RELAX

As you visualize energy being returned to the earth on your second out breath, move your hands back down to the floor in front of you and open your eyes.

Ritual Engineers An Energy Conversion

In India, traditional Tantrikas spent many years under the guidance of a spiritual teacher engaged in elaborate yogic rituals to purify the body and master the mind. These practices were intended to awaken the powerful psychic energies through which the adept could enter into higher states of consciousness. Only when a disciple was deemed ready did he or she partake in sexual rites with a partner.

We don't approach teaching modern Tantric S.E.X. in such a rigorous disciplined way. But we approach it as if entering a holy temple on the path to liberation of body, mind, and spirit.

Ritual in Tantra is just a way of honoring of each other as reflections of the divine. We choose to look through the outer shell and see into our own and our beloved's inner beings.

When Somraj began learning Tantra, he approached sexual play on the extreme masculine side of the spectrum. Ritual was not part of his vocabulary much less experience.

But, of course, love is a powerful behavior modifier. While stricken with infatuation with the Tantric pioneer, Dhyan Jeffre, he surrendered to frequent Tantric ritual.

After a few sessions of Tantric ecstasy, the energy itself engineered a conversion. He said...

"There wasn't any rote prostration before a jealous deity to placate in these rituals. Rather, they were spontaneous motions which created a reverent mood celebrating love, sex, and the abundant joy of the universe."

Ritual made loveplay feel different -- intimate, sacred, more present.

EXERCISE: Sacred Sex Discussion Questions

Here are some questions to reflect on, journal, or talk about...

- How do you feel about viewing sex as sacred?
- What other energies would you like to bring into your sexual encounters (spiritual, heartfelt, childlike, spontaneous, animal, etc.)
- What would make you feel safer, more loved, more adored, more blessed during sexual play?

Creating A Sacred Space

We call preparing the setting for practices and lovemaking, creating a *Sacred Space*. It's a space we choose, take loving care in preparing, and dedicate to the higher purpose of sacred sex.

If you don't have a spare room that you can decorate and reserve for Tantric LovePlay, you can create the environment you want in your living room or bedroom. In fact, there's a benefit to setting up each time, as you get to ponder the kind of experience or energy you want to create right now. It also stimulates your creativity and focus, helping you resist the great force of habit that makes some of us take things for granted at times.

What does ritual include?

- Putting on beautiful clothing that accentuates our sexuality like sarongs and jewelry with sensual, smooth, soft flowing cloth.
- Creating an altar near our practice area that contains meaningful statues, pictures of our teachers, power objects like crystals and feathers.
- Cleansing the space with sage or scents, calling in the energies we want to invoke, and expressing gratitude.

This kind of ritual is simply our way getting ready to fully appreciate the joys of Tantric S.E.X. It takes conscious attention to create the mood inside and out. Remove the distractions, intentionally set up the ambiance, and then your only work is the inner kind.

We don't have any strict rites required. Coupled with the eclectic spontaneity of Tantra, there's no right or wrong way to do ritual. You just do what strikes you in the moment, keeping in mind the general guidelines we suggest in the Sacred Space Practice.

PRACTICE: Sacred Space

Description

Here are some of the things you should consider doing while creating your Sacred Space. Remember, you eventually want to do it your way. Don't feel wedded to this program but experiment to discover what feels good to you.

We suggest you print out this practice, including the closing step, so you'll be able to refer to it in later practices.

Purpose

To practice creating a Sacred Space.

1. CLEAN-UP

Clean-up dust, dirt, stray objects, and loose clothing.

2. DECORATE

Decorate with sarongs, wall hangings, art, flowers.

3. CENTERPIECE

Place a beautiful sarong on the bed or cushion as the center of your practice.

4. MUSIC

Set up a music player with chosen music loaded and playing. Have a remote control handy, if you have one.

5. OTHER SENSES

Place candles, bells, incense, and the like around to titillate your other senses.

6. ALTAR

Create a dedicated area as an altar for special power objects dedicated to your love, your guru, your lifestyle, your relationship, etc.

7. CALL IN ELEMENTS

We call in the basic elements honored by the Native Americans -- water, earth, air, spirit -- from the compass directions beginning with the South.

8. CAST OUT

We first walk around the center of the space counterclockwise, verbally casting out the energies, emotions, and attitudes we choose to leave out of our space.

9. CALL IN

Then we walk around clockwise, calling in energies, emotions, and attitudes we want included.

10. INVITE

We finally invite the spirit and energy of our teachers, mentors, and ancestors into our space.

Closing

To close the Sacred Space, we also encourage a short ritual after every Tantric experience, including...

- After a powerful orgasm, lying in each other's arms is a sweet way to cool down.
- After a practice session, comparing reactions is always interesting.
- It's endearing to exchange compliments, acknowledgments, sweet everythings.
- Feedback is a great way for a partnership to grow and evolve amicably.
- Verbally release the elements from the directions and any spirits you've invoked.
- And of course we conclude with another Heart Salutation.

2.6 Shiva Shakti Section

"Shiva and Shakti, the inseparable divine couple, are the gods of the ecstatic dance and the creators of the yoga that allows adepts to rediscover the divine at the root of their own minds by opening the heart." ----- Daniel Odier in Tantric Quest: An Encounter with Absolute Love

Look What Happens When Male & Female Love Juices Merge

The earliest *Tantras* are writings in ancient Indian books thousands years old that describe secret sexual rituals, disciplines, and meditations.

More than anyone else in modern times, the Indian mystic and spiritual teacher, Osho, is responsible for popularizing Tantra in the West. For so long, the earth-shaking truths of the old scriptures were inaccessible due to their secret codes and obscure language. Osho translated not just the words but the spirit of living Tantrically.

These esoteric Hindu texts were written in the form of a dialogue between the god Shiva and his consort, Shakti.

According to the myth, Shiva and Shakti, the archetypal male and female, created the universe by making love. The physical world sprang from the love juices dripping from their bodies. The union of their energies was needed to create the whole.

Quite a contrast to the tale of Adam and Eve, right?

Today, Tantrikas revere Shiva as the pure embodiment of the masculine force culminating in cosmic consciousness, and Shakti as the feminine principle embodying pure creative energy.

This isn't worship of supreme beings as in organized religions. Rather, it's our way of honoring the forces of nature that exist within each of us. We simply use Shiva and Shakti as convenient symbols to focus the growth of our own divine qualities.

In short, Tantrikas honor both our inner male and female regardless of our biological gender.

Yin Yang Unite

Tantra teaches you to revere your sexual partner and to transform the act of sex into a sacrament of love. Tantra teaches that lovemaking between a man and woman, when entered into with awareness, is a gateway to both sexual and spiritual ecstasy.

An essential part of understanding Tantra is recognizing the alchemy of blending female and male energies. The Chinese call these *yin* and *yang*.

Western society artificially separates our masculine and feminine energies by discouraging the development of the opposite qualities. You know that men are taught to hide their soft receptive nurturing side and women are traditionally encouraged to hide their forceful leadership and dynamic power. But, truly, we all have both sets of energies and need to exercise them all for a fulfilling life.

Tantra encourages each gender to cultivate the latent forces of the other. If men seek their intrinsic truths on the Tantric path, they'll invariably discover their supple, receptive, sensitive, and vulnerable side, without losing their masculinity.

Women will discover their strong leadership, dynamic initiative, and teaching powers while retaining their femininity. These new qualities add to the strengths consistent with our outer gender which we've already learned to exercise.

What Do Real Men & Women Eat?

So what do you think...

- Do real men eat quiche?
- Do real women eat bullets?

The Tantric answer is to eat whatever floats your cork in the moment.

Why do we bother telling you this story? Because to reach the sublime heights of Tantric ecstasy, you need more than technique. Without a deeper understanding of energy dynamics, you might think the best female lovers completely submit to their partners who dominate everything. This is only half right.

To be receptive to the powerful energies Sacred Gate massage and ejaculation release, a woman needs to be able to fully surrender to being penetrated, physically, emotionally, and spiritually. This takes courage, strength, and supreme confidence in herself. You see, the receiver is the only one who really knows what's going inside in each moment. To reach ecstatic heights, the woman must guide the experience. She must be so calm and secure in controlling her partner that she doesn't disturb her own reverie. This is the dynamic direction of Shiva energy.

Oddly enough, her lover needs feminine qualities. The giver has to be fully receptive to being led and embrace the Shakti energy. The giving partner, whether male or female, has to be willing and able to give oneself fully in service to the Goddess. Give up their own agenda, surrender to whatever happens, and support, nurture, and follow selflessly. Shakti qualities.

In other words, the strong and in-control giver must be soft and feminine, while the soft and feminine receiver acts strong and in control. The opposite of what you might expect. Ultimate success with Sacred Gate stimulation and female ejaculation requires that both giver and receiver excel at performing both Shiva and Shakti roles and be able to interchange them seamlessly.

If one can only give and the other can only receive, progress will be blocked. Harmony and balance in male-female polarities are what you're seeking. So you can both surprise the other, lead them to unheard of heights of pleasure, and be able to share the entire ecstasy created.

EXERCISE: Yin & Yang Discussion Questions

Here are some questions to reflect on, journal, or talk about...

- How well do you do at fully receiving and absorbing all the pleasure you're offered?
- How well do you focus on yourself while receiving?
- How well do you do at fully giving without worrying about what you're going to get in return?
- How well are you able to feel deep pleasure in giving?

Worship The Goddess

For the ultimate Tantric highs, both partners need to lead strongly and be fully open to receiving. As we've said, modern society conditions men to be strong and decisive, women to be submissive and accepting. (Yes, even today.) It's often a challenge for both to learn to exercise the strengths of the opposite pole.

This is probably where the popularity amongst Tantric men of worshipping the Goddess comes from. We're referring to revering, honoring, and following the Shakti energy of your female partner here. Undoubtedly, there's some connection with early pagan religions that believed everything comes from the grace of the supreme mother who watches over us.

Men, when your heart bubbles with gratitude over the gifts your Goddess bestows on you, when your mind is consumed with giving her pleasure, when your body vibrates ecstatically in unison with her orgasms, you've come to worship this incarnation of the Goddess.

And for women, when you learn what you want, know how to graciously ask for it, and guide lovemaking to reach new and glorious celestial heights, you've truly come into your power as a spiritual sexual being. Accept your self as Goddess, divine in every way.

Shiva-Shakti Game

"The man holds the essence of woman in him, and the woman holds the essence of man in her. What is outside male is inside female. What is outside female is inside male." ----- Margot Anand in The Art of Sexual Ecstasy

How do you learn to lead and to receive? By practicing just what doesn't come naturally. Instead of spending your time and energy thinking and debating, use the Tantric way. Follow the three Tantric maxims for personal transformation: practice, Practice, PRACTICE!

The Shiva-Shakti Game is a great way to practice harmonizing both roles. It requires a long period of your life away from work during which one of you fully assumes one role while your partner does the other.

You may need to push yourself to assume the role that isn't your conditioned response, taking charge when you're used to following, or supporting when you're used to challenging or modifying your partner's plans.

This game is a chance to fully get into one side of the gender spectrum without the guilt that receivers often feel that they should be giving back. And without the jealous resistance that givers experience focusing on when will they get theirs. Both take you out of the experience, and ultimately will block your ability to reach the highest peaks of sexual ecstasy.

In the Shiva-Shakti Game you know full well that the time is limited and you only have to restrict your mind and emotions to one gender energy. You can rest easier knowing that you'll both get a chance to turn the tables before too long.

If you accept that your desires are good and you deserve all the pleasure you can absorb, here's a chance to go for it.

PRACTICE: Shiva-Shakti Game

Description

The Shiva-Shakti Game lets you demonstrate that you're fully responsible for your own pleasure. When you're receiving, you need ask decisively for what you've always wanted. You need to communicate clearly about what you've been afraid to speak up about. Now you have permission, at least while you're playing Shiva.

If you don't make out-of-the-ordinary requests that are at least a little bit naughty, why bother trying to change your sex life? Here's your chance to play out fantasies you've dreamed about and explore the kinds of sexual play you've been intrigued by. Why not belly up to the bar and go for it?

Further, unless you get mean-spirited and exact revenge (not an intention of this practice), you don't have to worry about rejection. During the practice, your partner is committed to serving your whims and wishes.

Don't be too surprised if your play runs up against the limits to your capacity for pleasure. Resistance may be a feeling of being overwhelmed, overstimulated, bored, or not feeling deserving and worthy. We suggest, as with all resistance, that you take it easy while you persevere. What turns it on is just the thing that will turn it off permanently.

Purpose

To practice consciously and willfully fully occupying only one Shiva-Shakti role at a time so you can learn to use them each when you want to.

1. WISHES

Brainstorm separately a list of things you want to do during your ideal evening or day. Don't restrict yourself while you're brainstorming. Put everything down that you've

ever dreamed of, the more outrageous the better. You're just fantasizing privately now, so there's no commitment to follow through on your daydreams. Regardless of how many wishes you ask for while you're in charge, the practice of your creativity in the pursuit of pleasure is a great opportunity. Everything does not have to be sexual. You can include outings, sports, walks, meals, a game, being bathed or dressed, etc.

2. ORDER

Review your list yourself and consider what would bring you the most pleasure in the moment. Having the dishes washed? Dressing your partner up? Receiving an hour of oral sex? Put your list in the order you want to do them.

3. SACRED SPACE

Now get together and begin by creating a Sacred Space. Be sure to do a Heart Salutation as you settle in.

4. TIMEFRAME

Read your lists to each other. Decide who will go first. Agree on how long you want to play, each of you being Shiva for half and Shakti for half. Though you may want to try just an hour or two to get the hang of it, the profound results come from an evening, a day, or an entire weekend.

5. BEGIN

Discuss the Partnering Questions -- desires, concerns, and boundaries. What do you want to learn? What are you worried about? Is anything off limits? To officially begin the session, the partner in the Shakti role salutes Shiva by saying something like "Oh glorious Shiva, I offer myself in service to your profound pleasure. Please guide me."

6. SHIVA TIPS

Ask for what you want. Experiment, be creative, inventive, and take risks. You're the king or queen and you have total right to ask for anything that moves you. Focus on learning to receive. Don't plan everything in advance but be playful and spontaneous. Be sure not to abuse your power but to be kind to your servant (who may soon be your dictator). A good ruler is never unkind or abusive to those dedicated to their pleasure. Laud your Shakti with compliments for everything you receive. Remember, by considering the giver's situation you will learn more about how to get what you ask for.

7. SHAKTI TIPS

Demonstrate that your partner's pleasure is important to you by devoting yourself fully to it for this time. Take the profound opportunity to practice the height of the Tantric approach to life: by saying "yes!" Our normal conditioning in life is to judge actions and resist those we're uncomfortable with, controlling the outside world to protect our inner world. In this practice, you get to practice surrender. In this way you can learn about your own inner blocks to giving freely and unconditionally without expecting anything in return. Of course, you're a supporter, not a slave. So you shouldn't accede to anything that would permanently hurt you. Recognizing your own boundaries and communicating them to Shiva is a powerful exercise in personal power.

8. EXCHANGE ROLES

When half the time allocated to the entire game is up, find a clear stopping place and do a Heart Salutation. Officially conclude with the one in the Shiva role saying something like "Thank you, my beloved Shakti, for giving me so much pleasure. I

release you from your delightful service." Then, when you're ready, switch roles and repeat the previous steps.

9. FEEDBACK

Before processing what occurred, many couples find it helpful to take a break separately for an hour or so to reflect on what happened. Then get back together in your Sacred Space, do a Heart Salutation, and review the experience, answering questions like...

- What was hardest? How did you feel at the time?
- What was easiest? How did you feel at the time?
- What was most enjoyable? How did you feel at the time?
- What did you learn about yourself?
- What do you need and want to work on more?

10. CLOSING

Use whatever steps seem appropriate to close your Sacred Space, as you learned in the Sacred Space Practice.

2.7 Closing Section

Though you've got some incredible sexual practices ahead, we wanted to start you off with the mindset that Tantric sex is more than rutting. You can expand your sacred sexual experience by...

- Integrating your mind, emotions, and soul with the body.
- Focusing your awareness where it will help, on celebrating pleasure.
- Welcoming sexual healing into your evolution.
- Looking inward and deciding how you can make your sex life sacred.
- Developing the attitude and approach of your opposite gender.

We've offered several simple practices that you'll find in nearly everything that's coming...

- Relaxing through meditation,
- Being responsible for your own pleasure using Partnering Questions,
- Intentionally creating the mood you want in a Sacred Space,
- Honoring the divine in all of us with the Heart Salutation. and
- Embracing both yin and yang roles with Shiva-Shakti.

Open to all the energies of life and your lovemaking will never be the same. Enjoy the transformation that awaits you.

Chapter 3: Kundalini Energy

"The practice of Tantra has tremendous potential for transformation because of the Kundalini Shakti -- spiritual energy -- the awakening, uplifting, expanding principle. The experience of the Shakti might be an inexplicable euphoria, a deep peace, a sense of great love, or an expansion of our own awareness -- so that suddenly we are aware of inner processes that we previously had no idea of." ----- Gurumayi Chidvilasananda

3.1 Opening Section

Purposes

The purposes of this chapter are to...

- Understand what Kundalini energy is.
- Begin strengthening your sexual muscles.
- Learn how to do Orgasmic Breathing.
- Recognize how Tantric Orgasm is different.

How Tantra Can Help Your Sex Life

How can a spiritual practice like Tantra help you with G-Spot orgasms and female ejaculation? It can because Tantra is about mastering your own energy, the vitality of life. We mean that inner subtle vibration that's always percolating beneath most people's normal level of consciousness.

Everything in the physical universe is in motion due to energy flowing. The cells in our bodies, the blood in our veins, the impulses in our nerves all continuously vibrate inside. Are you aware of it?

What causes goose bumps? A chill down your spine? Shivers or ticklishness? Or more directly on our subject, how about that tingly warm feeling in your jewels (genitals) when you see a luscious specimen of the opposite sex walking down the street.

When we refer to energy in Tantra, we mean the nervous stimulation and physical excitation that causes these feelings. In China it's called *chi*, in India it's called *prana*, in Japan it's called *ki*, in Yoga it's called *Kundalini*, but it's all energy. We're talking about the same electrical and magnetic life force that pervades all of our bodies.

What Energy Crisis?

Being an energy practice above all else, Tantra targets sex because it creates so much energy. Because most lovers feel this kind of sexual energy most strongly just before an orgasm, you'll see us use the term "orgasmic energy." Kundalini is probably the more correct term. But it's all the same electrical or magnetic stuff in your body.

Regardless of your level of satisfaction with your lovemaking skills, energy is at the root of it.

Tantra teaches heightened awareness of these subtler, finer frequencies. Most people don't notice them because their internal receivers haven't been tuned to pick them up. That's partly why we delight in exploring our senses of taste, sight, smell, and sound as well as deeper appreciation of sensual touch.

By tuning our senses, we learn how to summon orgasmic energy, focus on its effects, magnify its impact, and circulate it around the body.

EXERCISE: Kundalini Discussion Questions

Here are some questions to reflect on, journal, or talk about....

- How aware of your Kundalini energy are you?
- What does it feel like?
- Do you feel it moving?
- What do you do that makes it move?

3.2 Streaming Section

"If you practice drinking from someone else's spring, you will never become a fountain. To awaken is to become a fountain for others and never stop flowing." ----- Daniel Odier in Tantric Quest: An Encounter with Absolute Love

Learn To Stream

When enough sexual pleasure is awakened inside, it's hard to contain the Kundalini in one spot. So, with any luck, it spreads.

We call this moving, running, channeling, or circulating energy.

Though they all mean roughly the same thing, *streaming* is probably our favorite term. The name refers to opening your pathways to the energy of ecstasy (even without sexual stimulation) and letting the natural vibrations engulf you. Streaming gives the valid impression of a flood of pleasure coursing through your body, which is what it feels like.

When orgasmic energy streams throughout the body, it's as if every cell is coming. Yes, you feel the same ecstatic experience everywhere. Whole-body orgasm is high on our private list of Tantric delights.

When we first started Tantric practice, Jeffre used to have powerful session-ending orgasms. When she learned to stream instead of explode, she started experiencing multiple orgasms.

When you know how stream orgasmic Kundalini energy by yourself, then you can exchange it with your beloved. The most intense sexual encounters don't result just from a really hot woman or skilled man. The pinnacles of sexual ecstasy result from both partners sharing, combining, and building on each other's energy. That's why our definition of S.E.X. is Subtle Energy eXchange.

Why bother learning how to stream?

- Because it's the key to unleashing the full potential of your sexual power.
- Because it's how you take yourself higher and higher.
- Because it's how you learn to awaken your Sacred Gate and the multiple and extended orgasms awaiting you there.

Some say that women are generally more sensitive to energy and can learn how to stream more easily. Maybe so. But , guys, you can feel it, too. Some of you, like Somraj, can respond intensely to the slightest stimulation with a little practice. Which is the basis of the ancient Eastern secret of overcoming premature ejaculation.

If Inner Tennis, Why Not Inner Orgasm?

You know what happens to guys if all the sexual energy generated through lovemaking stays in their jewels? If all this excitement boils over too quickly, the easiest direction for it to move is out the end of their pleasure stick. And then vajra (penis) explodes with a momentary flash of pleasure and a big wet spot, that usually ends the play time for a good long while, sometimes leaving his lover unsatisfied.

If he learns how to spread that Kundalini away from his vajra and around his body, he'll feel great all over without a sudden big gush. As a result, he can have lots of little energy rushes

which get bigger and bigger and bigger, culminating in a long series of internal energy climaxes we call Tantric Orgasm.

If you're a man, when you learn to channel sexual energy away from your jewels, you can separate ejaculation from orgasm. Your arousal can still become irresistible and you can still have those powerful pelvic muscle contractions that feel so wonderful.

That's what causes a dry orgasm, a long series of slow pleasurable spasms without ejaculating and with a rush of energy. Instead of exploding, you pump the energy back inside and circulate it repeatedly. We call these "implosive orgasms."

How do you learn to spread Kundalini energy elsewhere in your body? Somraj's personal story in his ebook, Ultimate Ejaculation Mastery, answers that question conclusively. If you or your partner is interested in prolonging your lovemaking nearly indefinitely by using the ultimate solution for premature ejaculation, get your copy now at...

<<http://www.tantraattahoe.com/uem.htm>>.

EXERCISE: Discussion Questions For Men

Here are some questions to reflect on, journal, or talk about...

- How well do you extend your loveplay without ejaculating too soon?
- How do you do it?
- Have you ever had a dry orgasm?
- Have you ever felt Kundalini surging through your body?

EXERCISE: Discussion Questions For Women

Here are some questions to reflect on, journal, or talk about...

- How are your orgasms? What are they like?
- Do they come easily? What pushes you over the top?
- Would you like something more?
- Have you ever ejaculated?

Where Do You Store Your Energy?

Many ancient cultures, both in the East and West, studied our subtle energies and devised methods to gain greater mastery over them. Common to many practices are the *chakras*, the Indian word for wheels. Chakras are...

Whirlpools or vortexes of energy centered at the spinal column and extending in front of and behind the body where subtle energy is generated, collected, and stored.

Most systems identify seven chakras that reside from the bottom of the spine to the top of the head. Here is a relatively universal list...

<u>#</u>	<u>Chakra</u>	<u>Location</u>
1st	Perineum	Base of spine
2nd	Belly	2 inches below navel
3rd	Solar Plexus	Below breast bone
4th	Heart	Center of chest
5th	Throat	Throat
6th	Third Eye	Forehead
7th	Crown	Top of head

Though energy is energy, when it's generated or settles in a specific chakra, it feels different. When we talk about sexual energy, we're actually referring to vibrations of the first two chakras at the belly and pelvic floor. At the heart, it's the warm embrace of love. In the brain, it fuels higher awareness. At the crown, it connects us to the spiritual plane.

Prescription For Prolonged Peak Experiences

We know you're reading this ebook to unleash the power of the Sacred Gate. So let us explain how your chakras figure in so pivotally. There are two main reasons.

First, most love partners want more than just a lust connection at the first couple sex chakras. Merging energy at multiple chakras satisfies them immensely.

If you've read any of the Conversations With God books by Neale Donald Walsch, you'll recognize "God's" position on sacred sex...

"There is nothing...unholy...about a passionate, desire-filled sexual experience...When you respond to one another from...all seven centers at the same time, then you have the peak experience you are looking for."

Second, you can use the invisible channel that connects the chakras internally, which we call the *inner flute*, to move Kundalini energy throughout your body.

This is the key to revitalizing your chakras. Learn to stream sexual life force up and down your inner flute and you'll be able to clear the mental, emotional, and physical blocks in your way of an ecstatic life.

Those who practice Kundalini Yoga believe this orgasmic energy sleeps at the base of the spine. Others believe the first chakra is at the clio or tip of vajra. Our experience is that the most powerful sexual energies are stored in the Sacred Gate of both men and women. Awaken the Kundalini, the sleeping serpent of sexual fire, stream the energy upward, and not only do you create exciting sexual experiences, but you rejuvenate your entire mind, body, and spirit.

EXERCISE: Chakra Discussion Questions

Here are some questions to reflect on, journal, or talk about...

- What do you know about chakras?
- What awareness do you have of each chakra?
- What stimulates and excites you chakras?

3.3 Tantric Orgasm Section

"The awakening of Kundalini is, somehow, the awakening of the latent cosmic energy lying in every human being, for such an energy is the origin of all his powers, all his strength, all the forms of life he may assume." ----- Lilian Silburn in Kundalini

Streaming For Fun And Profit

Our biology certainly produces lots of sexual energy, especially when we're young, healthy, or infatuated with a new love. What happens when you age or get stressed by sickness or life pressures? Then you can't depend on hormones to turn you on and make you high.

Master running energy and this will never be a problem. Learn to generate and channel Kundalini energy and you can reach mind-boggling heights any time you want. Goddess knows, there's a never-ending supply if you're willing to tap into your sexual generator.

Where do you channel the energy generated? How do you spread it around your body and share it with the one you love? By using your intention, your mind, and your breath, you can learn to send Kundalini anywhere you want.

Where do you think full-body orgasms come from? From circulating the peak sexual forces instead of letting them release all that delicious energy too soon.

Move the energy up to the belly, the solar plexus, the heart, the brain, and above. Then it excites, enlivens, and enriches your whole body. That's what makes magic happen. That's why you came to this party, right?

Full-Body Orgasms

We believe that the G-Spot is such a captivating trigger zone because it stores so much orgasmic energy. Learning to awaken your Sacred Gate is an easy portal into the energetic side of sacred orgasm. With a little dedicated Tantric practice, you can unleash these powerful forces with little stimulation, at least from the outside.

Regardless of your gender, streaming Kundalini energy awakens the rest of your body so you can experience full-body orgasms. Running energy to the heart awakens your love-flows and is a powerful turn-on all by itself. Channeling energy to the spiritual centers in the head can make sexual play a transcendent experience.

Once you learn to stream energy, you'll experience amazingly powerful responses to subtle stimuli. Your senses become immeasurably heightened. Imagine what it feels like when other parts of your body are throbbing with the same excitation that makes your jewels pulse and throb?

Tantric Orgasm

When you learn the ancient sexual secrets presented in *Awakening The Sacred Gate*, you can access powers hidden deep inside. Then, although a normal physical orgasmic release can feel terrific, you'll find that orgasm in Tantra becomes a vastly different experience. Tantrikas cultivate the ecstatic response, which you might call the inner nervous system climax.

We achieve this by contacting our most powerful trigger zones like the Sacred Gate and generating huge sexual forces. Then we recycle the orgasmic energy, not expel it. We conserve and Kundalini within, and instead of discharging, the energy expands inward, flooding the entire body with pulsing orgasmic contractions and continuous wavelike vibrations. This is what we call a Tantric Orgasm.

A Tantric Orgasm is an experience of prolonged peak pleasure in which your whole body vibrates with wave after wave of intense ardor. We shake all over, engulfed in surge after surge of pure liquid fire. Often, female Tantric adepts ejaculate over and over and over.

Most people experience orgasm from physical stimulation, building up sexual tension and then releasing it. Tantric Orgasm is an energy event, a state of ecstasy that's more than just physical, involving many or all of the chakras. In the Ecstatic States Chapter, we'll immerse ourselves into the different physical pathways to different kinds of sexual climax, and how Tantric energy orgasm relates.

Where Can I Get One? No, A Six Pack?

How does one experience Tantric Orgasm? Some get there through clitoral stimulation, some through maithuna (Tantric for sexual union), some by learning to channel orgasmic energy to and from all parts of their body. But we find the most powerful access to this zenith of sexual pleasure is through the G-Spot. The Sacred Gate is where so much power is stored, too often ignored or suppressed, and can be so released with such intense experiences.

Many women rarely experience this kind of sexual peak. But when introduced to G-Spot play, they report many of the same sensations as we describe as Tantric Orgasm. Long continuous pulsing. Going somewhere else and losing touch with reality. Out of control. These streams of ecstasy from Tantric Orgasm can go on and on and higher and higher.

In fact, many Tantric practitioners can generate and flow this delicious energy without jewel stimulation. Admittedly this takes some training which is why Tantra is all about sacred sexual practice.

Is creating the ultimate pleasure worth some delightful practice now and then? You betcha. Once you acquire the knack, you'll never settle day in and day out for "normal sex" again.

EXERCISE: Tantric Orgasm Discussion Questions

Here are some questions to reflect on, journal, or talk about...

- Have you ever had a full-body orgasm?
- Have you ever had a Tantric Orgasm?
- Have you ever had multiple orgasms of any kind that went on and on?

Four Cornerstones

Many of you are reading this ebook not simply to have better sex but to have sacred ecstatic experiences. Along with learning the physical triggers, you'll learn here how to use Kundalini energy to propel you higher.

The secret is to turn the responses of the body and mind during orgasmic ecstasy into skills you can practice and master. We call these keys the four cornerstones of Supreme Bliss. They are...

- Breath,
- Sound,
- Movement, and
- Presence.

A Tantric **breath** is deep, slow, and in the belly. The fuels the body.

Tantrikas make **sounds** like moaning to express the pleasure they're feeling. This releases inhibitions and opens powerful nerve channels.

The kinds of **movements** we're referring to are undulating pelvic rocking on the outside and sexual muscle pumping on the inside. Not only do these actions channel Kundalini, but they feel really hot.

Presence means being relaxed enough to open your senses in the moment without any goal or expectation and focus totally on the pleasure you're feeling right now. Presence of mind allows you to use visualization to move Kundalini, and presence of spirit tunes your internal receiver to the frequency of subtle energy.

These may seem like simple skills, and they are. We're talking about the kind of intense breath, sound, movement, and presence that you usually only experience during an orgasm. So we refer to this process as Orgasmic Breathing.

You might think that you already know what turns you on. For most people untrained in the Eastern arts of love, those are external stimuli. In contrast, the four cornerstones are internal tools you can use to energize your own pleasure and steer your own excitement.

If you use them to consciously get your sexual motor running long before you approach the pinnacle, they can be ecstatic tools that empower you to go higher and higher.

3.4 Sexual Muscles Section

PC Muscle

We want you to start learning to run sexual energy with one aspect of the movement cornerstone, flexing your inner sexual muscles. We're talking about your PC muscle, short for *pubococcygeus*.

We realize that medical term is a mouthful, but it's easy to identify. Put one of your hands on your **pubic bone**, the inside one that's above your jewels and around your pubic hair at the bottom of your tummy. That's the P.

Now reach around behind and put your other hand near the top of your crack just below your spine. That's your tailbone or **coccyx**, the C. The PC muscle snakes down around your jewels and anus and connects these two bones plus your sitting bones and legs.

What's more important, you need to be able to identify the PC muscle from the inside. It's the one you tighten when you want to squeeze out the last few drops of urine. Try squeezing it now. Did you feel it?

If you can't isolate it, take a break and go the bathroom right now. Start peeing and stop in the middle. When you're finished, try to squeeze the last few drops out. The muscle you used to stop midstream and squeeze at the end is your PC.

You Want To Strengthen Your PC

Having strong internal pelvic muscles, keeping them relaxed when at rest, and knowing how to use them without strain can dramatically enhance your sexual pleasure. Why?

Because the PC pulses rhythmically during maithuna (intercourse), especially strongly during climax, pumping sexual energy. If your PC is weak, your pleasure and orgasms will suffer. If it's always tense, it can block your ability to stream Kundalini. If yours is strong, you have a powerful tool to consciously channel energy throughout your whole body. The stronger they become, the more intense and pleasurable sexual intimacy can be for you, and the more easily women can orgasm and ejaculate.

Did we mention which muscle is primarily responsible for female ejaculation? Right, the PC.

As with any physical exercise, improved tone gives you better muscle control. When a muscle is weak, it feels like mush even after a few contractions. With a weak PC, this cuts off the flow of pleasure and the length of orgasm. When a PC muscle is strong, you can continue pumping as long as you want, extending orgasm. Further, a well-toned PC can relax more easily.

The natural tendency to tighten up when aroused blocks the flow of ecstasy up the inner flute. Those who've been sexually rejected, abused, or wounded, may find their pelvic floor continually tense and on guard. Relax your PC when you're flying higher and higher during sexual play and you can soar.

PC Benefits

Apparently Gräfenberg wasn't aware that a primary result of strong voluntary contractions of the PC is to lift vajra towards the G-Spot. With a strong PC, a male lover can apply the most delicious kind of pressure to a woman's Sacred Gate, regardless of sexual position. Much more about this soon.

To summarize, women who develop strong PC muscles can...

- expand the sensations during lovemaking and spread the pleasure out,
- have more powerful orgasms,
- have better control over their bladders, and
- more easily learn to ejaculate.

Additionally, the entire vagina benefits from increased circulation that increases sensitivity to stimulation and improves the overall health of the yoni.

Men who develop strong PC muscles...

- can have stronger erections,
- have more powerful orgasms,
- can regulate their contractions, consciously making them slower and avoiding premature ejaculation,
- gain greater control over vajra and strengthen his ability to stimulate his partner's G-Spot.

Finally, some believe that PC practice massages a man's prostate and keeps that vital organ healthier and disease free -- a great side benefit.

PC Pumps

Did we convince you that you need to do PC pumps? That's what we call these sexual muscle squeeze practices.

Fortunately, it's easy and inexpensive to strengthen them. It just takes a few minutes a day and doesn't happen overnight. To get the maximum benefits from Awakening The Sacred Gate, we urge you to add some of the following practices to your daily routine.

By the way, you've probably heard of Kegels. These are similar practices developed by a gynecologist in 1952 named, of all things, Dr. Arnold Kegel. He taught women to strengthen their PC muscles after the trauma of childbirth to restore tone and regain control of their urinary reflexes.

Doing PC pumps is easy. The hard part is establishing a regimen and remembering to do them. Develop a successful memory device so that you don't forget. Find a time and place where you'll remember to do several sets of these practices each day. Once they get strong after several months of practice, continue the same regimen as your own maintenance program

After he developed his muscles with several daily sets, Somraj chose two daily life rituals for his maintenance program -- soaking in the hot tub, and walking the dogs. That's where he does his PC pumps every day. You might use the beginning of your commute to and from work, as you stop for traffic lights, when you check your email, during TV commercials, or when you start your workout at the gym.

Whatever you choose, do it regularly so it becomes an integral part of your life routine. Since it doesn't seem to matter what position you're in for these practices, you can choose whenever and wherever best jogs your memory.

Remember, don't push yourself and strain your groin at the outset. Instead use the Tantric approach and build up gradually. Relax everything else when you do PC pumps. If you tend to tense up, put your tongue on your palate so won't clench your jaw.

When you start practicing as described below, you may find that you're also tightening your stomach muscles. Don't worry about it for now. Within a few days or weeks, you'll learn to isolate your muscle control so you'll only flex the pelvic floor where the PC resides.

These practices may be about squeezing your PC muscle, but the relaxing in between each contraction is vital. If you're tense, your sexual energy gets trapped and can't flow. Consequently, the unflexed moments between pumps are as important as the strengthening. Sure, get into the habit of squeezing to tone the muscles, but put as much attention on totally relaxing between flexes.

PRACTICE: PC Flex

Squeeze and release your PC muscle at the rate of your heartbeat, which means hold it each time for about a second. Start with 20 contractions twice a day and build up to at least 75 per set. When you're doing 75 twice a day easily, add the PC Clench.

PRACTICE: PC Clench

Next, practice clenching your PC while inhaling. By *clenches* we mean to hold the squeeze for a longer period of time. Some experts say 3 seconds, some say 6, some say 15. Maybe they're all right so we suggest you start with 3 and work up to 15 seconds per clench.

To do clenches, inhale and clench your PC, holding it tightly. Then push it out and relax for the same amount of time before your next clench. Repeat this cycle 20 times twice a day at first. As with flexes, build up to 75 reps twice a day.

For women, it's very important to spend time on the push-out. Use the instructions above, and inhale, push out, hold for 3-6 seconds. Do the push-out variation of the clench as many times as the pulling-in.

The clench, contracting while inhaling and holding, is the type of PC Pump you'll be using very soon to move Kundalini energy up and out of your genital region.

PRACTICE: PC Flutters

This practice is basically the same as the first one, PC Flexes, just faster. To do flutters, you contract and relax your PC as fast as you can. At first, you may not be able to go much faster than your heartbeat, but with practice you can speed up the squeeze and release. We suggest you don't count these but just work up to fluttering for several normal breaths before relaxing totally. Doing 20 sets of these twice a day should be great. When you can flutter like a bird, add PC Clamps.

PRACTICE: PC Clamps

PC Clamps are simply long clenches. Work up to holding your clench for two minutes or more 20 times each set. Remember to relax completely at length between these long clamps. And relax if you start to hurt or get sore.

KegelMaster

There's another way for women specifically to build strong healthy yoni muscles. It's by using an FDA-approved exerciser that you insert called the KegelMaster 2000.

The KegelMaster 2000 applies resistance against vaginal muscles as they contract through their full range of motion. Through this simple process, all muscles in the pelvic area are strengthened and toned while circulation increases. You'll notice the difference after the first use!

Though it's made of medical-grade plastic and surgical stainless steel, only the plastic touches yoni. Springs provide 15 adjustable resistance levels that you can increase as your muscles become stronger. The dealers tell us that you can achieve impressive results with only 10 minutes of your time three times a week.

Here is Jeffre's experience with the KegelMaster 2000...

"I've always maintained strong yoni muscles through exercise and practice. But when I tried the KegelMaster 2000 for the first time, it made it totally clear how much connection there is between them and pleasure. The higher I adjusted the tension on the exerciser, the better it felt. I couldn't try more than the first 7 of the 15 settings because my orgasms were so strong. Sure gives me the incentive to practice, practice, practice. Because of the lasting benefits to sexual ecstasy, I really recommend you get one for yourself or your lover today."

For more details and to order yours today, click here...

[<http://www.tantraattahoe.com/product.htm>](http://www.tantraattahoe.com/product.htm).

Whichever way you proceed, let us remind you that PC practices can be a very intensive regimen if you go full out. We suggest going slowly at first. Then, feel your way as you continue with later practices. Once you develop strength and tone in your PC through some weeks of practice, you can back off to a maintenance level of exercises. After a couple of years of intense practice, we don't do every exercise every day. Eventually you'll develop the feel of what's right to make your PC strong and keep it there.

3.5 Orgasmic Breathing Section

"Endless orgasm is for those who can be responsible for staying in love, for stepping out of the mental trivia trap, out of everyday thinking mind. Thoughts can kill endless orgasms, just as they can kill ordinary orgasm during ordinary sex." ----- Margot Anand in The Art of Sexual Ecstasy

Orgasmic Breathing

Orgasmic Breathing is the kind of breath, sound, movement, and presence that happens when you have a typical exciting explosive orgasm. We're going to practice these tools without sexual arousal at first so you can develop mastery over those body/mind functions that happen involuntarily during a climax.

When you can use them to turn yourself on without external stimuli, imagine what it feels like when coupled with sexual play?

For the most part, we'll be dealing here with subtle energies. At first, don't expect that you'll be flipping one of those big high-voltage control levers with huge sparks that will throw your body across the room. Right away, if you're very relaxed and sensitive, or hopefully soon through practice, you'll become aware of a little warmth, electrical tingle, or pleasurable tickle.

It's like learning to tune in to a much higher frequency sound than you're accustomed to. You've got to clear your mind and listen acutely to reach it. Once you learn to tune your receiver to subtle sexual energy, it becomes a powerful force. You can direct and regulate it for magnified passion, lighting a long slow burn instead of an overwhelming eruption.

Relaxing

Can you understand how any mental or physical tension can prevent your progress at this stage? You can force your way around solid obstacles with the force of your will. But to use subtle energy you have to relax, breathe, and feel every little sensation. Tension will block the doorway to feeling and moving these energies.

If you relax, don't worry about how fast you go, and never despair when it takes longer than you think it should, soon you'll get inklings, then surges, and finally waves that will bowl you over. Be patient. You'll probably need to practice numerous times for several weeks before the magic will occur. Somraj took months before he could feel Kundalini and move it. Take it easy with yourself and your partner.

Tantric Breathing

Foremost amongst these relaxation techniques is breathing. Most of us take breathing for granted. We tend to breathe shallowly and unconsciously as a rule. Contrast that with Yoga masters. Some are so aware that they can shut their breathing down to almost nothing and stay in a state of suspended animation for extended periods.

Remember what happens to your breath as you approach orgasm? Right, your breath becomes shorter and faster, maybe even panting uncontrollably.

We could all benefit from mastering the art of Tantric breathing...

- relaxed,
- through the mouth, and
- deep into the belly.

This kind of full breathing lowers the heart rate and can help dissipate the tension of arousal. Breathing through the mouth is more physical and sensual as opposed to breathing through the nose that tends to put the attention in the mind.

So, one of the best ways to relax when excited is to learn to breathe slower and deeper. Further, it helps to interrupt the stress response you may experience during exciting or anxious moments of lovemaking.

Breathing Tantrically is such a basic part of running energy that we could go on and on about going slow and savoring. Actually, a great way to learn how to do a Tantric Breath is by recognizing it has four parts...

- in,
- pause,
- out,
- pause.

We're not talking about holding your breath as long as you can, just not rushing ahead to the next in or out. Simply pause for a distinct moment between inhaling and exhaling, and exhaling and inhaling so you can notice what is going on.

Making Sounds

Next, you have a chance to practice one of the most powerful of the four cornerstones, sound.

- Do you moan at all during lovemaking?
- Does it make you feel self-conscious?
- How about when you're coming?

Sound is one of the most powerful cornerstones of ecstasy. The same nerves that regulate your voicebox are connected to your jewels. When your orgasmic reflexes are working, moaning with pleasure comes naturally. To repress your voice requires energy. If you didn't, you'd have that much more energy to fuel your passion.

The more noise you make, the more passionate you'll feel inside. The more passionate you feel inside, the more passionate you appear. And guess what, the more passionate you appear, the more you'll feel inside. It's a self-reinforcing loop.

That is, once you get over any self-consciousness you might feel. So many of us learn that sex is naughty when we're growing up that we inherit a cultural shyness about showing we're enjoying ourselves. We don't want anyone to hear. They might discover that you'd doing "it." Oh my God, what if they found out?

By the way, guys tend to be more quiet than women. Isn't that interesting?

You realize that this programming is nonsense for both genders, don't you? Here's your chance to get over it. Just remind yourself that pleasure is your divine birthright, you're entitled to as much ecstasy as you can conjure up. Sounding off is one way to amplify your sensations.

If you're in the least self-conscious about being overheard, be sure to find a quiet place where no one can hear you no matter how loud you get.

Visualizing Energy

Next we're going to add the visualization of energy along with your breathing, pumping, and sounding. Since energy flows where attention goes, just imagining sexual juice and electricity somewhere in your body, something will eventually happen.

You already knew that the mind was the most powerful sex organ, right?

We're going to begin working with your energy centers, chakras, in a big way. These are the vortices where energy tends to collect and swirl around at different places inside your body. Your inner flute is the energy channel near your spine that connects your chakras.

Remember to keep all your senses open. If you feel any sensations, no matter how subtle, visualize your breath passing through where you feel them. In this way, the breath adds fuel to

a small fire, making it flare up. Even if you don't feel much, imagine that you do and breathe into the body parts you want to energize.

Pelvic Rocking

The four cornerstones of Supreme Bliss include movement. PC pumps are powerful internal motions, but we need to include the rest of your body.

Pelvic Rocking is a rotation of your pelvic area. Some have likened it to riding a horse, but we prefer to compare it to slow deep sexual union when you're on top. With your weight on your knees and hands over your lover, the only way you can penetrate deeply is by either doing push-ups or by rocking your pelvis forwards and backwards. The latter is what we're adding to your repertoire here.

PRACTICE: Orgasmic Breathing

Purpose

To combine all the components of Orgasmic Breathing into one comfortable unified whole.

Description

We've broken down the individual parts of Orgasmic Breathing into discreet steps so you could get understand them. When we're working privately with clients, you guide them to practice each one separately. If you run into any coordination trouble during this practice, we encourage you to try them separately.

But really, once you learn to coordinate them all, Orgasmic Breathing is just doing one unified thing. Most people do these things naturally together during ecstatic sex, so why not use them consciously?

1. POSITION

Use whatever position you want as long as it allows free pelvic movement.

2. RELAXING

Spend a few minutes getting comfortable, watching your breath, and releasing any muscle tension. Keep your eyes closed.

3. TANTRIC BREATHING

Start Tantric breathing.

4. ROCKING

Rock one way on the inbreath, the other on the outbreath.

5. PC PUMP

Add the PC pump on the inbreath.

6. SOUNDS

Make sounds as you start to feel good.

7. VISUALIZE

Visualize the energy coming into your first chakra and being pumped up your inner flute by your PC contractions. During your first practices, aim to raise your sexual energy just up to the heart chakra. Of course, you can practice moving the energy up to any chakra, all the way to the crown of the head. Do what feels best in the moment.

8. ENJOY

Enjoy for a few minutes.

9. SYNCHRONIZE

If you want, try this with a partner. Sit across from each with your eyes closed, doing the above steps. When one of you gets in the flow, open your eyes. When the second partner opens their eyes, coordinate breathing in and out together at the same pace. Can you feel each other's energy?

Afterthoughts

You may have to practice a few times to get the pieces working together. Once you do, just practice this combined exercise several times a week for a few weeks for about 15 minutes.

Orgasmic Breathing is the primary method of channeling energy when you're making love. It may require repeated practice because at first it's subtle for most people. Once you get it, it's really exciting loveplay. Really gets our juices flowing when we do it before maithuna.

Later in this ebook, you'll find lots of chances to practice as you discover triggers like clito and the Sacred Gate. Oh, yes, some partner practices to develop the knack in the sack are coming, too.

3.6 Closing Section

Well, that wraps up the Kundalini Energy Chapter. Hopefully, you're increasing your sensitivity to your chakras, your inner flute, and Kundalini energy. By tuning in and practicing, soon you'll be able to stream. That's where those awesome cosmic climaxes and spiritual transformations occur that we call Tantric Orgasm.

If you're in a big hurry to read on and dive through the pleasures awaiting you on the other side of the Sacred Gate, please please please start doing daily PC practices. More than anything, this could be the key to catapulting your ecstasy to new and unheard of levels.

You've learned to relax, be more sensitive, breathe, make sounds, visualize energy flow, and pump. You could spend weeks really perfecting all these foundations of the four cornerstones of Orgasmic Breathing. We encourage you to do a little practicing regularly so you'll be able to apply these fundamental skills automatically while you're making love.

Next, we'll employ these exact tools to heighten turn-on, maintain excitement, and learn to savor pleasure during the Tantric LovePlay Chapter.

Chapter 4: Tantric LovePlay

"In coupling, the friction of the man's member calms the woman's excitement. But it is in signs of affection, kissing and caressing, that she finds her pleasure." ----- from the Kama Sutra translated by Alain Danielou

4.1 Opening Section

Purposes

The purposes of this chapter are to...

- Learn to make any kind of loveplay exciting and complete in itself.
- Open sexual communication channels.
- Practice Tantric touch and Kama Sutra embraces.

Savor Every Instant

If you're like most women, you'll probably enjoy Sacred Gate only play after extended warm-up. Because it's a kind of tissue that swells with arousal, you may not even feel it at first. But you have to understand the Tantric approach that we find works best in all situations.

Don't establish goals, set expectations, and plan a detailed agenda for loveplay. Instead, experiment with impulses and fantasies that strike you as fun in the moment. Be playful, spontaneous, and enjoy the journey.

Although we've already described some of the many different ways that Tantric Sex differs from "regular" or "normal" sex, our use of foreplay is another one of those distinctions. The word *foreplay* implies something that you do before the main event. The further implication is that it's of lesser value.

To a Tantrika (a Tantric adept), any sensation can be the catalyst for a huge flow of passion all by itself. When your energy channels are open, you can circulate and exchange the forces of orgasm even without jewel (genitals) play. When we do experience orgasm from physical stimulation, it's often a continuous rising experience without an explosive crescendo.

So "before" and "after" lose their relevance.

What is Tantric LovePlay?

That's why you won't see us using the word foreplay much. We don't want to discount the power that's available to you with little things that can create so many other valuable feelings, sensations, and titillations.

Instead, throughout the rest of the book, you'll mostly see references to loveplay and Tantric play.

From the moment you begin to change the feel of the space around you, you are being sexual. You are using erotic, orgasmic, Kundalini energy.

The instant your eyes meet those of your lover's, you feel tingling inside. The first touch is electric, sending chills and shivers throughout your being. As you honor your beloved and offer thanks for being with you at this time, tears may spring to your eyes. You may feel a strong stirring in your yoni or vajra (vagina or penis) long before you take your clothes off.

This is Tantric LovePlay.

We urge you to not miss a single tingle, a tiny shiver, or the subtlest energy surge. This is surely as much sex as anything else you'll ever do. It's also an essential prerequisite to arouse the Goddess in your beloved.

Juicy Things To Look Forward To

In Jeffrey's ebook *Intimacy*, she quoted a recent study that found the average length of loveplay at 15 minutes and maithuna (sexual union or intercourse) at 10. We're well aware that, for maximum enjoyment, the average woman requires 35 to 45 minutes of erotic warm-up to get her juices flowing adequately.

Which means the average lover stops 10 to 20 minutes short of peak female pleasure. Which makes us really worry about the less than average lovers.

Maybe then you can understand why there's a dearth of orgasms in the world. If you're in a hurry in the sack, learning about G-Spot massage may not make quickies all that much better than they are now.

Which explains the purpose of this chapter: experimenting with a wide array of sensitive, sensual, sexual tips to get you both turned-on. Though we'll delve into touching, kissing, and licking, you'll find as much emphasis on opening your hearts, tuning your senses, and connecting your feelings. That's because the keys are presence, consciousness, and energy flow, not simply technique. Tantric ritual plays a part here, as does the *Kama Sutra* and communication techniques from modern psychology.

4.2 Intimacy

Women Love Words From The Heart

It's often said that women get turned on in the heart first and in the jewels (genitals) later, whereas men are just the opposite. When men get turned on in the jewels, the energy moves to the heart.

Although there are always exceptions to this kind of blanket generalizations, we believe it's safe to assume that most women, most of the time, like to have their mind and heart stimulated in the 24 to 48 hours before the actual "date."

Jeffrey says "It turns me on when Somraj says 'I love you.'" Many women feel this way. Don't wait until the urge hits you.

Guys, let her know how much you care for her, now. Tell her how much you think about her, how much you desire her. Let her know how much you're looking forward to your time alone with her.

Women respond very positively to words and touch that convey feelings of love and affection. Women seem to like words about love, sex, and relationship and feel they're very important. Often men don't have feelings as strong as women about verbalization of love, etc.

If you're a guy who feels uncomfortable with words, we humbly suggest that you practice, a lot. Nothing will get you more of what you want than being able to verbalize feelings of affection for your woman. Read a book or two and then write out what you want to say. Practice letting the words tumble over your tongue and lips. Now, do it with your partner.

Try something like this... "Honey, I'm having trouble concentrating at work. My heart is swelling with thoughts about your soft skin, your bright eyes, your sweet scent. Please don't be wearing much when I get home early."

By the way, women, guys like romantic attention as well.

Intimacy Is A Turn-On for Women

Intimacy is the emotional closeness that truth-telling and feeling loved can bring. For most women, it heightens their turn-on when a guy learns how to talk about his feelings with honesty and heartfelt expression instead of blame or judgment.

Intimacy can also be about sharing fantasies and playing them out. Often the fantasies lurking inside are pretty kinky so too many lovers feel uncomfortable sharing them with their beloved.

Moving past this inhibition can be exciting on multiple levels. The truth-telling is a turn-on because of the increased sense of closeness. Plus the content of most any fantasy can really get your sexual motor going big time.

Jeffre's ebook, Intimacy, A Green Light for Red Hot Sex and A Lifetime of Loving, has many useful exercises to enhance intimacy and arousal, as well as sharing fantasies. You can see more details and get your copy at...

<<http://www.tantraattahoe.com/int.htm>>.

PRACTICE: Intimacy Communication

Purpose

Through opening up your sexual communication, this practice will increase your intimacy and give you useful information that you can use throughout this chapter and the rest of this ebook.

Description

Women tend to enjoy 30 to 60 minutes of loveplay, while men may request and desire less. Only you know how your body responds and what feels best.

This practice asks you to discuss, as specifically as possible, the types of loveplay you like and the amount of time you like it. Go over the following questions separately and then share your answers. Let the dialogue flow where it will until you feel heard and understand and you know more about what your beloved prefers.

By the way, this is a starting place. As you become more practiced in these ways, you may want three to six hours of Tantric LovePlay. Who knows how far you'll go?

1. COMFORT

Do I give (or receive) most comfortably?

2. PRACTICE

I would like to practice receiving (or giving) more...

3. HONESTY

Sometimes I'm not honest with you about what I really want.

Yes No Here's an example...

4. TIME

The amount of time I usually like to spend in loveplay is....

5. KINDS

The kinds of loveplay I like best include... (touching, massage, kissing, talking, fellatio, cunnilingus, etc.)

4.3 Choose The Mood You Want Section

"You can discover more about a person in an hour of play than in a year of conversation." -----

Plato

Create Your Sacred Space

Want to increase the depth of your total experience? Arranging the setting, consciously invoking the kind of energy you want, and discussing your feelings in the moment are essential.

As we noted already, every sentiment, every nuance, every tingle can be a stepping stone to ecstasy. Notice and relish them.

In Tantra we use sacred ritual to set the tone, clear the energy, and help each partner become fully present. This takes a little time, but we're sure you'll find the ecstasy you'll ultimately create will make it well worth the effort.

Be sure you answer and discuss the Partnering Questions, your desires, concerns, and boundaries, before each encounter. Checking in with yourself in the moment and then with your sweetie builds on the intimacy you're creating.

As described in the Sacred Tantric Sexuality Chapter (see Creating A Sacred Space), we want him to feel like cherished God and her to feel like a cherished Goddess.

When you take a moment to honor the God or Goddess in your beloved, you'll both be more delighted to be together with eager anticipation. When you actually practice this kind of opening ritual, you'll be amazed at the difference it makes. You can quickly leave the stresses and strains of the outside world where they belong, outside your Sacred Space.

Other Tips

One wonderful way to accentuate the sanctity of your love and the consciousness of your underlying passion is how you disrobe. Tantrikas don't drop their dirty underwear and socks on the floor before jumping into bed. Instead, slowly remove each other's clothing one little piece at a time while caressing, nuzzling, and whispering sweet endearments to each new morsel of flesh uncovered.

Perhaps you'll want to bathe together. After a day of busy life activity, this is a wonderful transition to a more sensual mood. Bathe, soap, rub, and slide with each other. Flirt and tantalize with all your parts: lips, eyes, fingers, tongue, breasts, jewels, and any other part of your body that wants to join in. This is how you make heaven on earth yours.

Spend some time unwinding by just being together. Look deeply into each other's eyes. Synchronize your breathing. Reach out with your consciousness to feel your beloved's energy body.

A practice that we do often is called the melting hug. You slowly come closer together until your first contact. Then you melt your bodies into each other with as much skin touching as possible. Relax and cling to each other. Let your breathing synchronize. A beautiful side benefit is the merging of energies by closely connecting each chakra.

Kissing As An Art Form

Kissing is a wonderful form of loveplay because it stimulates so many different energy centers. It's a sweet expression of affection that connects with the heart. Your vision, minds, and third eyes are totally focused on each other. It turns many lovers on with resulting hardness or wetness that encourages the mood for heavier exchange. In fact, combining this with a melting hug enlivens even more chakra exchange.

Kissing all parts of the body can be divine play. Try lightly kissing your partners chakras beginning with the 7th (at the top of the head) and ending with the 1st (the perineum). Ooh la la, yummy, yummy.

If you want to be more elaborate, kiss a chakra and then state what it is about your partner you love and adore about the particular chakra you are focusing on.

Shortly we'll reveal many more of the secrets of the Kama Sutra about kissing and how it provides great Tantric LovePlay.

Awakening Your Beloved's Senses

Tantra is all about staying in the body, opening the senses, and feeling the ecstasy. There are many ways to increase awareness of your body and open the senses. You can dance. You can walk in the forest. You can meditate.

You can blindfold your beloved and titillate them with tastes, smells, touch, and sounds. Then you can remove the blindfold, and offer glorious sights as you slowly and sensuously reveal your naked body. Every tried acting out a silent fantasy in front of your darling? How about self-pleasuring while they're tied down?

The range of possibilities for building anticipation is enormous. Use your imagination and surprise your beloved. Your loveplay will never get old and stale.

EXERCISE: Mood Discussion Questions

Here are some statements to complete by reflecting, journaling, or talking...

- I plan to do the following to create a Sacred Space before we make love...
- Here's how I intend to heighten intimacy and connection during our loveplay...
- Here's what I'll experiment with to awaken my beloved's senses...

4.4 Communication Section

"In Tantrism, we do not go toward some external thing. On the contrary, we direct ourselves toward our core, our own minds. Tantric practice demands nothing more than this return to the Self...By observing the mind we will find...the strength to act without being subject to filters or limitations that we have accepted or created, the power to fully communicate with life." -----

Daniel Odier in Tantric Quest

Talking About Sex

We already discussed communication when we prescribed titillation, flirtation, and intimacy. Communication is also essential for exchanging information so that you can enhance your own and your partner's pleasure.

Learning to talk with your partner about sex requires guts and practice. Sometimes women want to protect their man's ego so they're too polite. Often they're unsure if they even have the right to ask for anything other than what they're getting. Too many men don't know how, why, or when they want something different.

It's great to create an intention together to be able to talk with each other about sex openly, honestly, and often. Admit it if it's scary if you've never done it before. Talk about your fears and the fears you imagine your partner has. This is a major frontier for most couples.

That's partly why we urge you to discuss the Partnering Questions before each practice or lovemaking no matter how long you've been together. Don't worry if you feel you're not doing them very eloquently at first. Whatever you do is good for intimacy and good practice to grow your communication skills.

Sometimes it's necessary to coach or redirect your partner when you're being physically intimate. If you make an agreement beforehand about how you want to communicate during sex, it can be much less challenging. No one likes to feel criticized or put down, most particularly while in bed with a lover.

Hopefully you're taking advantage of the discussion questions we've included after each major section. These are primarily designed to encourage this whole process of talking freely about sex. After reading, think back about your reactions, write your answers to the questions, and then share with your partner. Gradually you'll transform the intimacy of your connection and create the foundation to transmute subtle energy into awesome ecstasy.

Be Real

The single biggest couple's communication foul-up is when one or both partners aren't completely forthcoming and authentic with each other. In less formal words, this means when you're acting phony.

Do you...

- Feel that your darling is responsible for satisfying you in any way?
- Believe that your partner is supposed to know how to satisfy you?
- Act passive when you're not getting what you want and then complain afterwards?
- Wait for that magical moment when something outside of yourself will sweep you away?

Tantra teaches that whether you're female or male, you're 100% totally responsible for your turn-on and your own orgasms.

By this we don't mean that all good lovin' is self-lovin'. We mean that great sex is a partnership in which it takes two to tango.

There are still too many men who think they're failures if their women don't orgasm. There are too many women who don't have a clue what will make them feel the ultimate in sexual pleasure. Some even pressure their lover to have an orgasm to soothe their own egos.

Maybe each of you has a ways to go to learn about your subtle orgasmic triggers and keys to sacred ecstasy. Regardless, the more you talk with your partner about what you want, the quicker you'll both learn what you can do to get it.

EXERCISE: Communication Discussion Questions

Here are some statements to complete by reflecting, journaling, or talking...

- I feel these sexual needs are understood and appreciated...
- I want my beloved to better understand...
- I feel shy or embarrassed talking about...

Our Job

In essence, that's what this ebook is all about. We don't just want you to read it. We want you to study, communicate, and practice. All the wonderful, delicious, juicy stuff we're suggesting is for you and your beloved partner to experiment with.

You've set out on an exciting explorer's program. Remember, your mindset will determine how much you discover about the staggering ecstasy that's lurking inside. Keep an open mind. Act like kids playing doctor. Drop your expectations and cynicisms. Treat every experience as fresh and new. Only if you get out of your own way can you let the dormant energy deep within transport you to new and unexpected places.

So practice, practice, practice. We know some of this stuff is new and seems weird at first. If you try it, we think you'll like it. Either way, we won't tell on you. And don't just do the exercises once. Practice may not make you perfect, but it does get better and better. Every time you do it, you'll learn something new. We guarantee it.

Communicate, Communicate, Communicate

As a marriage counselor for many many years, Jeffrey has learned that the single biggest reason women get turned off to sex (after religion) is their fear of telling their men the truth about their sexual responses, desires, and wants.

If you want to deepen and supercharge your sex life, communication must begin at the beginning. That's where the following practice, *How To Touch Me*, picks up -- at the beginning.

Going deeper with communication throughout your loveplay helps tremendously to create intimacy as well. When receiving, women need to explain what they desire, what they feel, and

how they're reacting. Although this is true of men too, our focus right now is preparing the female for Sacred Gate Orgasm.

Partners in general, and men in particular, do not appreciate being in the dark (figuratively) when they're trying to please you. They need and want to feel confident that they're successfully turning you on.

Women are different from each other and from one moment to the other. This is confusing to the average guy who's always learning about what women want. You'll be better off if you just accept these observations as fact...

- No two women's sexual response is identical.
- Women like variety, different things at different times.
- Hormones change at different times of the month.
- Emotional beings like women have unpredictable moods.
- Sensitive bodies, like female ones, may respond strongly to stress, exercise, medication, health challenges, and menopause.

OK guys, you've been warned. Assume nothing. Remain open to the whims of the Goddess and you'll be fine.

PRACTICE: How To Touch Me

Description

This practice facilitates letting your lover know in advance what you want, where you want it, and how you want it. At last you can reveal your innermost sensual, sexual, and erotic desires and how you can get it from your beloved.

Purpose

The purpose of this practice is to let your beloved know, in explicit detail, how you like to be approached, spoken to, touched, excited, and in what order.

1. DECIDE

Decide who will go first. You can also decide if you both want to be nude. The first speaker can also disrobe, with seduction, if that's fun for both of you. This makes your connection playful and serious at the same time.

2. DESCRIBE & DEMONSTRATE

Describe and demonstrate the ways you like to be approached: verbally or non-verbally, ritually or playfully, softly or roughly, or all the above. Specifically, what kind of touching do you like where? Touch yourself in each place as you talk about it. Do you want talking or kissing or other things first? Stroke your body as you want your lover to. Demonstrate on yourself what turns you on most. You can also do the same to your partner if that helps. If you're not careful, this will probably turn both of you on (joke). Yippee!

3. APPROACHING JEWELS

Explain how much warm-up your body needs before you like intense focus on your jewels. What do you prefer to happen and how extensively before your jewels are approached? We like to lightly brush and briefly connect our hands with our beloved's jewels while awakening the rest of their body. Do you want your butt played with, your feet or back rubbed, or your head scratched first? Don't hold anything back. The clearer you are, the more likely you are to get exactly what you want.

4. JEWEL PLAY

Show your yoni or vajra. Don't be shy. Expose all your parts, naming them and your feelings about them. Demonstrate and describe how yoni or vajra likes to be approached with eyes, fingers, lips, etc. Women, show your lover how to touch your outer lips, inner lips, yoni opening, urethral meatus (pee hole), and yoni's inside. If you know where your G-Spot is and what kind of stroking you like there, add that. If not, it will soon be time to experiment in the Sacred Landscape Chapter.

5. DON'T ASSUME

If you're in a long-term relationship, please don't assume your sweetie knows everything about your body. Or anything for that matter. We bet there are things you don't know yet yourself. The observer in this practice will surely learn something new and maybe you will too. Both of you should feel free to ask questions if something important is glossed over, surprising, or left out. Ask for more detail or clarification any time you're confused. While one of you is being fully exposed, the other should really take everything in. You both want the new information to stick.

6. SWITCH

Exchange roles so you both get a chance to reveal your innermost sexual desires and preferences. By the time the second partner has completed this practice, it's quite likely you'll both be very turned on. Play, go for it, do what comes naturally. We never want you to miss an opportunity for a hot time together. You can continue reading and learning later.

LovePlay Feedback

There are ways to talk to your partner that can improve your loveplay. And we bet you've discovered that there are some approaches you definitely want to avoid. When you think about it, the exercises in this ebook are a perfect opportunity to play, practice, and communicate without judgment. Let's take a look at how to make this work best.

When you're in the throes of lovemaking that's not feeling super great, you've probably already bypassed many opportunities for sexual communication. We don't recommend calling a sudden halt to your play if you can avoid it. No matter how gently and diplomatically you confront it, interrupting pleasure can shock, sadden, and put down your lover.

Especially if he's male and has an ego. And who doesn't.

If there's something really awful your partner does once or repeatedly, talk it over when you're NOT in bed. Wait until the next day and explain how important this is to you.

Phrase your feedback around new wants and needs you're discovering about yourself. If it seems appropriate, demonstrate exactly what you mean. You see, another opportunity for the How To Touch Me practice.

Do your best not to indict your partner's desirability or lovability. Don't compare to other lovers. Make it clear this isn't a black mark against a man's masculinity.

Schedule this discussion carefully. Be sure you have plenty of time to clarify and resolve the issue. If man's ego is involved, it may take more than one session. Keep reassuring him and keep loving him.

Sexual Communication Techniques

Here are several techniques we recommend to help giver and receiver stay in close touch during Tantric practice or freeform lovemaking.

"Responsiveness" and the "Feedback Sandwich" are prime tools receivers use to guide the pleasure they're getting.

"Yes/No Questions" and "Check-Ins" are for the giver to stimulate communication when needed.

1. Responsiveness

The more lovers integrate Orgasmic Breathing into all aspects of their loveplay, the less verbal communication is needed. Moving, breathing, and sounding are a language all their own that requires few if any words. We call a passionate lover who shows their turn-on "responsive." The opposite would be cold or even frigid. We wonder how many lovers have been labeled frigid when actually they were super excited but too "polite" to show it.

Don't hold back. Show your turn-on. It's exciting to let it out. It excites your lover. Responsiveness creates a non-verbal feedback cycle that can take you both higher and higher. And sensitive lovers who plug into your visible cues can respond to what receivers need and want in the moment with little need to talk.

2. Feedback Sandwich

As you're learning Orgasmic Breathing, connecting with a new lover, and getting to know what your partner really wants, some talking is essential. How can you make it constructive and help you get what you want? Criticizing or even seeming like you're critical won't.

For example, you may want your lover to slow down at some times and speed up at others. You know not to say "wrong, too fast" and "slow down, dummy." But if your only comments direct your lover to change speed, it's easy for them to assume that nothing they're doing is feeling good.

The Feedback Sandwich is a simple three-step process a receiver can use to constructively redirect what a lover is doing while it's happening...

- a. **Compliment:** A positive comment about what's going on.
- b. **Change:** A request to try something different.
- c. **Acknowledgment:** Appreciation for how it feels better.

The Feedback Sandwich balances appreciation with coaching. In this case it would sound something like...

- a. **Compliment:** "Your touch is so exciting. That feels really great."
- b. **Change:** "I wonder how it would feel if it was a little slower."
Then, as soon as the touch slows down....
- c. **Acknowledgment:** "Oh, yes, that's just what I mean. That feels soooo good!"

3. Check-Ins

When you're making love, you're a team, not a mind-reader. Just as the Feedback Sandwich is the responsibility of a receiver wanting a change, it's the responsibility of the giver of pleasure to inquire from time to time about the receiver's experience. We call this Checking-In.

Any major change in speed, position, or direction is a great spot to check-in with your beloved, i.e. "May I get between your legs so I can go faster?"

Before you enter yoni with fingers or vajra, ask "Is yoni ready to be visited?"

If vajra starts losing hardness, ask "Would vajra prefer something different?"

If your lover's sounds, breathing, or motions suddenly change, ask "Did something happen?"

These questions prompt the receiver to look inside and keep you informed about what's happening. Check-ins at appropriate times increase a giver's confidence in their

ability to give pleasure. They increase a receiver's confidence in getting the pleasure desired.

You'll find this kind of communication very useful during oral sex, hand-jobs, yoni play, Sacred Gate massage, male G-Spot strokes, and maithuna as later chapters will explain.

4. Yes/No Questions

Check-ins are a great way for giver's to ask for guidance. Giver mental tension destroys the mood of lovemaking as much as physical tension does. You'll learn more about this later in the ebook. Yet, too much communication can bring a receiver who's relishing the sensations in their body squarely into their head. So then the receiver loses the mood.

Using Yes/No Questions solves this dilemma. This is the perfect response for a giver who is unsure about something or needs guidance. They simply can ask a direct question that can be answered with a yes or no or a shake of the head. This requires minimal thought process by the receiver and therefore is much less likely to interfere with their pleasure.

A series of yes/no questions can provide all the guidance a giver needs...

"Faster?"	"Ah-ha."
"More?"	"Mmmmm."
"Slower?"	"A bit."
"All right?"	"Yes."
"Too much?"	"No, more."

PRACTICE: Sexual Communication Practice

Purpose

To incorporate sexual communication techniques into your loveplay.

Description

This at first glance appears to be a loveplay practice. Well, it is. Here's a chance to try out some of the intimacy and sexuality ideas you've communicated about in the previous practices.

The added aspect of this session is to practice the communication skills we just reviewed.

1. SACRED SPACE

Use whatever ritual actions and props help you make your play space sacred. Put on sexy music that turns you on. Acknowledge each other spiritually with a Heart Salutation.

2. PARTNERING QUESTIONS

Review the previous techniques about communication. Choose what kinds of loveplay you'll practice this time. Discuss desires, concerns, and boundaries.

3. RESPONSIVENESS

During your first practice session, include Orgasmic Breathing as part of your warm up process. Put extra emphasis during your loveplay on showing your excitement through your breath, sounds, and movement.

4. FEEDBACK SANDWICH

Next, experiment with some new loveplay while the receiver practices using the Feedback Sandwich.

5. CHECK-INS

When you're ready to move on to the next phase of practice, encourage the giver to focus on checking-in whenever you agree it's appropriate.

6. YES/NO QUESTIONS

Your next target is for the giver to use yes/no questions for minimum interruption of the receiver's reverie. When you find yourself in the midst of high passion for the receiver, giver, use yes/no questions to get feedback.

7. CLOSING

Close the Sacred Space using whatever actions seem appropriate, including giving each other a Heart Salutation and giving thanks for the trust and intimacy you shared.

Afterthoughts

Feel free to repeat each phase of this practice several times until the techniques become second nature. After each session, share how the techniques helped, hindered, and how you could employ them better.

4.5 Tantric Touch Section

"Slow down. Remember that this is not a race, and you are not in a hurry. This is also not the Olympics, you have nothing to prove -- you and your new friend are setting out to do things that feel good with your bodies. Touch feels good. Stroking feels good. Taking time feels good. Slow down enough so that you can truly feel what you are doing. Worrying about the future will not help you get there: focus on what you are feeling in the present. Erections and orgasms might come, might go, but you can never go wrong by doing what feels good." ----- Dossie Easton & Catherine A. Liszt in The Ethical Slut

Ecstasy With The Slightest Touch

Many lovers are on the lookout for greater and greater stimulation. This often takes the form of harder and faster touching, licking, or pumping. We're going to describe just the opposite -- how you can train your body and your nervous system to orgasm with the slightest touch.

We call it Tantric Touch, the ultimate sensual massage through skin-to-skin contact with full consciousness. This means both giver and receiver are fully awake with all senses wide open to the physical and as well subtle energies.

A giver of Tantric touch is totally present, totally conscious, totally attentive to what they're doing. They fully feel every sensation they're giving. Just being super sensitive opens the energy conduits between lovers. They focus all their concentration on flowing energy from their heart, through their arm and hand, into their fingers.

Of course, this is great advice for the receiver too. Be totally present to the feelings, sensations, energies. But a giver who touches any body part Tantrically derives as much pleasure as the one who receives Tantrically.

Loving The Largest Sex Organ

It's more an approach to awakening another's largest sex organ, their skin, than it is a technique. Tantric Touch uses one of the four cornerstones of Supreme Bliss, presence, to magnify and enhance sensation. Your entire being reaches out from your fingertip to make love to the space, skin, and tissue of your beloved.

Tantric Touch is not a deep therapeutic massage. It's soft, slow, and sensuous, usually done without oil.

When many of our students begin learning Tantric Touch, their minds are busy, their hands go too fast, and they don't feel anywhere near what they could. This is why we teach them to begin as a meditation, emptying the mind, calming the spirit, and relaxing the body. Only then are the giver's energy channels open enough to flow love through body contact.

A receiver of Tantric touch is far from passive. They also enter a calm, relaxed state and reach out with their senses. They put all of their attention on the feelings being created in their skin. They use the four cornerstones -- presence, breath, sound, and movement -- to turn the subtle sparks jumping between the giver's skin and theirs into a waterfall of sensation.

PRACTICE: Tantric Touch

Purpose

To learn to give and receive ecstatic Tantric Touch opening new pathways to bliss.

1. PREPARATIONS

Lay out a sarong, put on some soft sensual music, light some candles. Do a Heart Salutation. Discuss the Partnering Questions. Decide who will begin as giver and receiver. Receiver, make as much skin available for contact as you're comfortable with. The "nuder" the better.

2. PREPARATIONS

Start with whatever it takes to get the receiver's body relaxed and their mind present. Meditate, breathe together, just look into each other's eyes silently. Settle in.

3. TOUCH

Dear giver, extend your heart energy down your arm and into your fingertips. Rub your hands together rapidly 25 times to warm and energize them. Very slowly, and we mean VERY SLOWLY, start moving your hand over the Goddess's skin. At first, massage about 3/4 inch (2 cm) above the surface. The inside of the arm is a great area for starting this practice. Believe us, both of you will feel something.

4. RECEIVER BREATHE

At the same time, the receiver reinforces what the giver is doing by using the four cornerstones of Supreme Bliss...

Breath -- deep and slow,

Sound -- loud as you can on the exhale,

Movement -- tightening and relaxing the PC muscle while moving the pelvis, and

Presence -- total focus on the sensations you're experiencing.

5. CLOSER

Now, giver, approach the skin even closer. Make it as close as you can without touching, except for a few hairs now and then. As our beloved Dr. V says: "If you're touching, you're too close. If you aren't, you're too far away." Continue VERY SLOWLY moving your hand down the arm, gradually including the back or neck. This will probably be more of a powerful learning if you don't start with the jewels. We already know how sensitive they are.

6. RECEIVER BREATHE

Now, sweet giver, focus your mind and let your energy flow as well. Touch now with complete concentration. Breathe with the giver to energize you both. Slowly, with

consciousness, begin stroking the rest of your beloved's body with this sacred, ecstatic, Tantric Touch. This is slow, soft, deliberate, conscious, and loving. No deep tissue work, no fast pumping, no maximum friction. Follow your beloved's cues to know where to go and what to do. With the subtlest of touch, see how turned-on and high the receiver can go from the inside. Enjoy!

7. CLOSE

Bring your light touch to a close. Hug, hold, or lie next to each other. Feel the receiver's subtle excitement and energy. Talk about how the experience was for each of you. Do a Heart Salutation.

8. SWITCH

Switch roles right away or take a little break first for the receiver to assimilate the new sensations.

Sensual Massage

After all this soft work, a full sensual massage is a delightful next step. Where Tantric Touch provides the minimum of stimulation to the receiver, sensual massage adds maximum turn-on. Certainly you use the two-way energy exchange you just learned. But now you add lots of variety onto the foundation of Tantric Touch.

Sensual massage is also soft and slow focusing on long strokes with varying pressures and textures. Don't ignore any part of the body. Though this isn't designed to be a hand-job, brushing the jewels occasionally pumps lots of excitement into everything else you feel.

Vary the pressure from a light tickle to somewhat firm. Check in with your partner about what feels good, but remember, desires may change in the moment.

Sensual massage is not a therapeutic process designed to work all the muscles deeply. It's not supposed to be hard unless your partner tells you that deep tissue work creates the most turn-on. This will be the exception.

We encourage the use of feathers, silk cloth, soft fur, and other items that titillate your beloved. Some enjoy rubbing with terry cloth or a hairbrush to awaken the senses. Others prefer massage with talcum powder or corn starch for that extra sensuousness. Be sure to do this before you apply any oil as the pasty combination isn't particularly appealing to either party.

Varied Titillation

Patting, tapping, and light scratching can be wonderful adjuncts to what we usually think of as massage. We love the butterfly, unexpected flitting taps with your fingertips all over the body with no pattern. Two things that turn Somraj on the fastest are scratching in the middle of his back and all over his scalp. Jeffre's favorite is tapping on her sacrum. Different strokes, right? In the next section you'll get lots of new ideas from the Kama Sutra.

We like to start at the periphery -- hands, feet, head -- and gradually move closer and closer to center. Light random Tantric Touch of the jewels is a welcome addition and great teasing for big things to come. In coming chapters, we'll share how to touch yoni inside and out.

After titillating the skin with different textures and motions, ask your partner if they want to continue sensual massage with oil. If the answer is yes, remember what your goal is: further awaken the senses and help your partner feel sexual arousal all over without concentrating on the jewels.

Many couples in today's modern world own a massage table. This can be create some truly delightful loveplay. The giver has access to the whole body of the receiver with minimum stress

or strain. And any decent table will support both of your weights if you can't resist climbing on after the massage.

PRACTICE: Sensual Massage

Purpose

This practice adds to the Tantric Touch practice, adding the wide range of variety of sensual massage.

1. PREPARATIONS

Lay out a sarong, put on some soft sensual music, light some candles. Get together any props you'll need: oil, feathers, towels, etc. Do a Heart Salutation. Discuss the Partnering Questions. Decide who will begin as giver and receiver. Receiver, make as much skin available for contact as you're comfortable with. The "nuder" the better.

2. PREPARATIONS

Start with whatever it takes to get the receiver's body relaxed and their mind present. Meditate, breathe together, just look into each other's eyes silently. Settle in.

3. TOUCH

Giver, begin with slow, subtle, sensuous Tantric Touch all over.

4. RECEIVER BREATHE

At the same time, the receiver reinforces what the giver is doing by using the four cornerstones of Supreme Bliss...

Breath -- deep and slow,

Sound -- loud as you can on the exhale,

Movement -- tightening and relaxing the PC muscle while moving the pelvis, and

Presence -- total focus on the sensations you're experiencing.

5. RECEIVER BREATHE

Now, sweet giver, stroke your beloved's entire body more and more sensuously. Vary your strokes, pressure, and speed. Add patting, tapping, even vibrating. Follow your darling's cues.

6. OIL

If your beloved chooses, warm some massage oil in your hands and anoint their body, one section at a time. Slip and slide with long strokes for maximum turn-on. Be sure to drive by the jewels now and then.

7. CLOSE

Bring your light touch to a close. Hug, hold, or lie next to each other. Feel the receiver's subtle excitement and energy. Talk about how the experience was for each of you. Close your Sacred Space with a Heart Salutation.

8. SWITCH

Switch roles right away or take a little break for the receiver to assimilate the new sensations.

4.6 Kama Sutra Embraces Section

"Both lying with arms and legs entwined, they rub against each other and become deeply entangled." ----- Vatsyayana in The Kama Sutra

A Broad Definition of Embrace

The Kama Sutra details many preliminaries to sexual union under the heading of "embraces." From that two-thousand year-old text on the sexual arts, we learn how the ancient Indians developed scratching, biting, kissing, and "the giving of blows" into a high art. They weren't talking about blow jobs at this point.

The Kama Sutra cautions that people of good taste don't make these embraces violent. We don't find it particularly Tantric to inflict severe pain and leave marks on your beloved's body. As we said before, some lovers are so armored against sensation that they need the strongest possible stimulation to get off.

In contrast, our emphasis here is to learn to use this wide range of embraces subtly to increase your beloved's sensitivity. Although not every one of these strokes is going to contribute to your personal delight, we want to review some of the best for you to experiment with.

Kama Sutra Kissing

The Kama Sutra makes kissing into a glorious art form. It gives instructions about the different varieties from pecking to vibrant to rubbing in different positions and life situations. Try dry and wet, hard and soft, licking and sucking, long and short, nibbling and holding. You have many more options to play with than tongue fencing and deep throating.

Both the body and lips were fair game. The Indian love guide then describes "the kissing game," alternating giving and receiving for maximum excitement, which makes it eminently clear that kissing isn't just for the lips.

Kama Sutra Licking

Licking is juicy fun. Try many of the same variations mentioned in kissing. Try them all over. Some women especially like it really sloppy wet.

Slow is the key to ecstasy by licking. Stop if you get tired. Keep going if it's turning you on. You'll have your partner moaning and groaning with pleasure, and getting very wet or hard as well.

Kama Sutra Sucking & Squeezing

Remember how you liked getting hickeys when you were a teenager? The edge of pain can be very arousing for many. Beware, you may feel very naughty. Uh, oh!

You can squeeze when you suck. You can squeeze with your lips, your fingers, your hands, your arms, your legs, and your yoni.

For all it's variety of kissing techniques, licking, and sucking all over the body, the Kama Sutra wasn't very big on oral sex with the jewels. If you are, by all means experiment.

Kama Sutra Biting

Biting can be light, medium or strong or anywhere in between. Biting lips can be very erotic. The Kama Sutra instructed lovers to bite hard enough to leave marks all around the breast in an even pattern. These souvenirs were considered a mark of true love and an esteemed practice. Whatever floats your cork.

The teeth can be used for scratching as well. Some men even like to have their vajra nibbled on. And some, like Somraj, scream bloody murder if you try it. Be careful, start very gently. Back off if your partner doesn't like it. Always let the receiver be the guide.

Kama Sutra Scratching

Use finger nails. The upper class Indians grew all their nails, or sometimes just one or two, extra long. They filed them to a sharp point just for giving pleasure.

Be sure to try long strokes and short ones too.

PRACTICE: Kama Sutra Embraces

Purpose

As we review the various Kama Sutra embraces, you'll have a chance to experiment to discover what feels good and turns both giver and receiver on.

1. PREPARATIONS

Lay out a sarong, put on some soft sensual music, light some candles. Get together any props you'll need: oil, feathers, towels, etc. Do a Heart Salutation. Discuss the Partnering Questions. Decide who will begin as giver and receiver. Receiver, make as much skin available for contact as you're comfortable with. The "nuder" the better.

2. LIP KISSING

Experiment kissing each other's lips and mouths. Be creative. If you get a great idea, try it out and then your partner to try it on you.

3. BODY KISSING

Extend what you enjoyed on the lips to everywhere on the body. Don't leave anything out. Relax into and relish the sensations when you're receiving.

4. LICKING

Now try licking all those parts you kissed. Use the tip of the tongue, the flat, the sides, and circling.

5. SUCKING & SQUEEZING

Another trip around the world, this time applying suction and pressure with your lips.

6. BITING

Experiment with biting by gently applying your teeth in all manner of places on your beloved's beautiful body. At first, stop short of leaving any marks. If requested, you can gradually use more pressure, being careful not to break the skin.

7. SCRATCHING

Your hands are dying to get in on the act, we know. Using your nails, test out different strokes, long and short, hard and soft, fast and slow, to discover what the different parts of your beloved's body prefers.

8. CLOSE

Bring your light touch to a close. Hug, hold, or lie next to each other. Feel the receiver's subtle excitement and energy. Talk about how the experience was for each of you. What did you like doing and receiving the best and the least? Close your Sacred Space with a Heart Salutation.

9. SWITCH

Switch roles right away or take a little break for the receiver to assimilate the new sensations.

4.7 Other Juicy Ideas Section

Waking Yoni

In the Sacred Landscape and Sacred Gate Massage Chapters, you'll discover many wonderful ways to touch yoni. Later on, our focus will be maximum pleasure at the height of passion. But that doesn't mean yoni should be left out of any early loveplay when she's craving attention.

After the How To Touch Me practice, you should have a pretty good idea of how your woman likes her yoni approached. If not, try it again and go deeper.

Because yoni needs to feel safe before she can relax, the vast majority of women prefer a loving, slow approach. This means your beloved needs to feel safe, too. Women open naturally when they feel loved and desired for who they are.

Most women don't like their yoni touched as a surprise. Before you touch yoni with your fingers or your mouth, be sure to ask your lovely woman...

- "Is it okay if I touch yoni?" or
- "Is yoni ready to be touched with my fingers?" or
- "Would yoni like to feel my tongue now?"

If she is moaning and writhing, you can be very playful, but it's still a good idea for her to say when she's ready.

Oral Stimulation

As we've mentioned, in spite of its detailed pro-sex guidance, the Kama Sutra preferred warm-up embraces leading quickly to maithuna, over lengthy oral sex.

In Tantra, we don't depend, declare, or insist on any "right" kind of stimulation. Instead, we urge you to seek out what you like, what gets your motor running, and what makes your juices start flowing. What floats your cork is purely personal.

Since arousal is essential to awaken the Sacred Gate, we encourage you to experiment freely with oral sex. The more you play with it and like it, the more uninhibited you'll find yourself.

Get creative and extend the spirit of the Kama Sutra embraces to mouth, lip, and tongue embraces. Answer the questions below and talk with your beloved about it. Then play, play, play

Receiving oral sex can be a powerful turn-on for both men and women, so much so that it can lead to explosive orgasm that detracts from building energy and Sacred Gate play. So use it wisely and sparingly when you choose to do sexual healing or expand your repertoire with G-Spot massage or female ejaculation.

If you want to know more about Tantric Oral Sex, be on the lookout for our ebook of the same name.

EXERCISE: Oral Discussion Questions

Here are some statements to complete by reflecting, journaling, or talking...

- The way I feel about giving oral sex is...
- Yoni or vajra enjoys being kissed, licked, or sucked this way...
- Here's how clio enjoys being kissed, licked, sucked, or squeezed by a mouth...

Safe, Smart, & Conscious Sex

Sex with total consciousness is Tantric Sex. Tantra says "yes" to whatever you desire with consciousness. Though we may advocate sexuality in any form you choose, we urge you not to act in an unconscious or unsafe manner.

Serious STDs (sexually transmitted diseases) such as HIV (the AIDS virus) and Hepatitis are transmitted through fluid exchange. Other STDs are transmitted through sexual contact.

If you're sexually active outside a long-term committed relationship, it behooves you to pay attention to the levels of risk of the sex practices you choose to engage in. If you want to enjoy

unprotected contact with your lover or you're concerned about being infected, it's your moral responsibility to check it out before exchanging fluids. Your doctor of county health department can provide you with tests for the health-threatening STDs.

When we were first together, we talked openly about our sexual practices and decided very quickly we trusted each other's judgment and behavior. Even so, we got tested, used protection for several months, and then were tested again before we went fully skin to skin.

Being Fully Present

If either partner has any concerns about contracting any kind of infection (even a cold) or getting pregnant, part of that person isn't totally present for any loving experience you may be having. It detracts from the presence cornerstone of Supreme Bliss.

Fear of pregnancy can rob you of pleasurable sexual experiences. This could happen if a woman is changing forms of birth control or is using a method of birth control that isn't as reliable as others. In this case, the man would be wise to use condoms until both feel confident with the new method of birth control.

To prevent transmission of the most health-threatening diseases as well as most of the others, you need to prevent the exchange of bodily fluids with partners who haven't been tested. Barriers like condoms for sexual union and fellatio, plastic wrap or dental dams for cunnilingus, are universally recommended.

What's our bottom line? We avoid any sexual play with untested partners that would allow bodily fluid, mucous, blood, or ejaculate to contact an open wound, sore, or mucous membrane (such as inside yoni).

4.8 Closing Section

Tantric Sex is a conscious all-chakra affair. Use communication, build intimacy, make your space sacred. Teach each other what you like and try out new things. Touch sensuously, be responsive, and respond to your beloved's signals. Use wonderful resources like the Kama Sutra to expand your repertoire. Be smart, be conscious, and have fun.

Chapter 5: Sacred Landscape

"Transformation is through the body, not away from it."

----- Eckhart Tolle from THE POWER OF NOW

5.1 Opening Section

Purposes

The purposes of this chapter are to...

- Know how to find the parts of yoni.
- Practice turning on clio and yoni.
- Know exactly how to find a your own and your partner's G-Spot.

Your Sacred Landscape

This chapter delves deeply into the secret recesses of the female body. We begin showing you how to love and accept yourself physically. We explore outer yoni (vagina), clio (clitoris), and inner yoni before teaching you surefire ways to discover your Sacred Gate (G-Spot). There are some darn good reasons why it's controversial, mysterious, and under appreciated.

We could have called it the anatomy chapter for it is that. But to those of us on the path of bringing Supreme Bliss to the Goddess, we prefer to think of her body as the landscape leading us both to the promised land.

5.2 Body Section

Honor Your Body

There is a major gender difference in the West regarding loving your body....

85% of women in this country are dissatisfied with their body in some way while only 15% of men feel this way.

Neither of these figures necessarily reflect a healthy attitude nor a healthy behavior pattern.

Too many of us, especially women, internalize the media-driven pressure to have the perfect body. We want you to remember that your body is a special God-given, Goddess-blessed vessel.

We can wax practical and point out it's the only one you've got, learn to love it and take care of it the way it is now. And shortly we will wax poetic about its spiritual value. But pontificating may not be enough.

You just may not be aware how deep the negative body-image programming goes until you begin to worship yourself and each unique yoni you meet as a priceless work of art.

Are big breasts more sensitive? No, in fact the surgically enhanced ones often lose sensitivity. Do thin-waisted women have longer or stronger orgasms? No way! Does your weight influence your ability to run orgasmic energy and float non-stop in an extended Tantric Orgasm? No, ma'am, not a bit. It's really about how much you love yourself.

What's Size Got To Do With It?

And while we're on the subject, guys, size doesn't count the way you think it does.

Sure, an untrained female lover will feel fuller when penetrated by a thicker vajra. But to one with strong supple yoni muscles, it's not a big deal. We can't tell you how many stories we've heard about how shorter thinner vajras used properly can hit the orgasmic trigger spot much better.

In Tantra, we don't subscribe to the exaggerated Madison-Avenue images of what's right, healthy, and desirable for a body. Attractive bodies can assume many different shapes, sizes, and proportions, as long as they're loved and cared for. In truth, we're more driven to the conscious presence, the life force, and the sexual energy field of the beings we encounter.

In Tantra, we've shifted our beliefs, the ones in our heads and in our flesh, to accepting that the body is a divine gift. Your body is the temple of your soul, the physical extension of your inner being. Forget what anyone else tries to tell you. Concentrate instead on how it feels.

Treat Yourself Well

To be totally explicit, we want to support you in feeling maximum pleasure with whatever you experience in this world. Which requires you totally accepting who you are mentally, emotionally, spiritually, and, yes, physically.

Your body is the physical expression of who you are in this world. It is an extension of your inner spiritual self. To a Tantrika, we view the body as something God given, so we call it what it really is, your temple. The sanctuary of your soul.

Loving and honoring your physical temple is demonstrated in your life through what you eat, how you exercise, and how fit you maintain your body. Not to mention how much pleasure you feed it regularly.

If you desire to be a world-class lover, you must have the body and the energy to sustain frequent long lovemaking sessions.

If you truly love yourself, which is a high state of spiritual health, then you will treat your body with care, give it the loving attention that is necessary, and not abuse it.

EXERCISE: Body Discussion Questions

Here are some questions to use for reflecting, journaling, or talking...

- How do you feel about your body?
- How do you feel about the size of your jewels?
- What do you do to honor your body?
- What more could you do to honor your body?

Love It, Your Only Option

Think about it. All women have a G-Spot and its power is unrelated to how they look on the outside. If your G-Spot is really the secret inner orgasmic trigger to untold ecstasy, why make such a big deal about the outer?

One of Somraj's favorite lovers matches more the well-rounded look. He says about her... "She is a true Goddess in bed because of how she accepts herself, loves her body, and channels the lightning we create together. In comparison, too many of my past stick-thin beautiful lovers just lay there and did nothing for me."

Love every inch of your temple. Cherish and care for it. Touch and caress yourself as you would a newborn's bottom. Lovingly admire your curves, nooks, and crannies. Delight in your body's specially sensitive zones and their delicious sensations. Make pursuing what feels good your religion. Give thanks for the pleasure your body brings you.

Really, we mean it, starting now.

PRACTICE: Honoring Your Body

Description

Have you ever really looked at yourself without the filter of other people's right and wrong standards? Even if you have, here's your chance to love your body Tantrically.

One of the things we enjoy about giving therapeutic massage is doing just this for each other and complete strangers.

Purpose

To observe, examine, and explore every inch of your body without shame, blame, or judgment. Just accept it, baby.

1. SETTING

Stand in front of mirror in a warm, well-lighted room. Put on some sensuous music in the background.

2. NAMASTÉ

Signal the beginning of the practice by giving yourself a namasté, the ritual spiritual greeting with palms together over the heart indicating that you honor divine power within.

3. LOOK

Look at yourself full front, side to side, back over your shoulder. Just look. Turn around, all positions and angles.

4. STRIP

Slowly, consciously, and sensuously take off all your clothes. After each piece of clothing is gone, look yourself over. Do this again and again until you're completely naked.

5. LOVE YOURSELF

Smile at yourself. Admire every part of yourself you can. Tell each part of your body that you love it. Touch it caressingly as you do. For example, "I love you legs, I love you butt."

6. DROP EVERYTHING

You've dropped your outer shell, now drop the inner ones. Ask yourself how you feel just looking honestly and completely. Leave prejudices aside whether you inherited them from magazines, movies, or your mom. Notice what beliefs crop up and move past them by looking at yourself innocently, with the eyes of a child.

7. NOTICE

Focus clearly and precisely on the details. Notice what you like about your face, your torso, your chest, your hips, your legs, your butt, your vulva.

8. HEALING

Lovingly touch those areas you find you're uncomfortable with. Breathe into them. Start a flow of love energy from your heart to these neglected spots. Infuse them with life by sending them love. In this way, connect every part of body with your heart and soul.

9. AWAKEN

If you can't shed some of the lingering self-distaste, energize those spots with sexual energy. Connect your rejected spots with pleasure spots with one hand on each. Remember peak ecstatic moments you've experienced anywhere in your body and attach those feelings to these troubled zones. If you're concerned about a sagging breast, infuse it with the best nipple sucking you can recall. If you'd like your tummy flatter,

open conduits to your clitoris by stimulating both right now. As you awaken neglected spots, be sure to remember times when each felt pleasure or exploded with orgasm.

10. RITUAL BATH

For closure, we suggest you take a ritual bath. Tidy your bathroom, light incense and candles, and add soothing salts or bubbles to the water. Then slip in with the intent of washing away self-judgments and negative thoughts about body parts. As you do, out loud say affirmations like "I cleanse this breast of all judgment and fully accept its natural beauty and essence."

Afterthoughts

We invite you do this practice a second time with a partner. Stand in front of each other instead of the mirror. Be sure to voice all the positives. First, say out loud what you love about your body. Second, ask your partner to voice what they love about your body. Your only job is to take the gaze, the admiration, the love in. Whatever you hear, receiver, be silent. No excuses, no self-judgments, no put-downs allowed.

5.3 Outer Yoni Section

"Only by loving your body will you come closer to God...the body knows how to dance, how to sing, how to pulsate with God. When the body starts vibrating with the divine, suddenly you will see your soul is also vibrating. Your body and soul are one." ----- Osho

Learning By Touching

Our fingers are the perfect natural tools to uncover the mysteries of yoni and her Sacred Gate. Touching is a normal human way of discovering and feeling things out. Fingers are highly sensitive with lots of nerve endings and we're all skilled at manipulating them.

Yes, we're suggesting you touch yourself. Self-pleasuring is a powerful way to discover your Sacred Gate and how to give it maximum delight.

Since Tantra encourages all forms of conscious exploration of your desires, we urge you not to resist any kind of sexual play. It's a tragedy that self-pleasuring isn't more socially accepted in humans. Well, that's largely because of the shame that's drummed into us at an early age, isn't it?

In Tantra, which is totally pro-pleasure and sex-positive, we don't call it masturbation. That word has a guilt-ridden association, doesn't it? Of course, if it turns you on to think you're doing something naughty, call it what you want. One of these days we aim to write a book about "The Tantric Art Of Talking Dirty."

It's too bad we're not all proud experts in self-pleasuring. It's such an ideal way to learn about your body and sexuality. You're always the closest to the action. You have the strongest vested interest in mastering your body's uniqueness. Feedback is instant. No attention is required to the challenging art of communication. And the big payoff is immediate pleasure. Excel and you might even have an orgasm. Whoopee!

Of course, for self-pleasuring to work well, you need to listen to your body intently instead of being consumed by guilt. To welcome the life-altering power of Sacred Gate pleasure into your life, drop all these old inhibitions that don't serve you. The taboos are for nay-sayers. Tantrikas specialize in celebrating "yes" about all aspects of life.

Unfortunately, the shape of some women's bodies makes G-Spot self-pleasuring difficult or uncomfortable when they are doing themselves. Also, many women's fingers aren't long

enough or strong enough for facile internal experimenting. Later we'll suggest some uses of specific sex toys to facilitate self-pleasuring.

OK, now that our anti-moralizing is out of the way, let's get down to exploring and enjoying your body yourself.

Yoni's Sacred Landscape

Because of our social conditioning, most of us don't appreciate our jewels (genitals) fully and accept their unique shape, size, and aroma. If you want to experience the heights of sexual ecstasy, it's essential that you start now on a personal program of loving these sacred parts of your body.

Right now, begin exploring yoni's sacred landscape in greater detail. What do you think of when you visualize your yoni? A rose as it's poetically viewed in the modern West? A lotus flower as the Tantrics traditionally viewed her? Do you think of her as a unique work of art?

Because we revere the power of the Goddess as expressed in each woman's body and her sexual powers, Tantrikas honor the yoni as a sacred place. We gaze reverently, we bow and namasté, and offer gifts of pleasure.

Each yoni is a beautiful work of art. Just as no two women's faces are alike, yonis are all different. Lips, clitoris, opening can be larger, smaller, closer, farther. Some lips are longer, some shorter, each with its own special flair and personality. And remember, size and shape have nothing to do with functioning, sexual or otherwise.

PRACTICE: Explore Yoni Solo

Purpose

To really look at your yoni thoroughly from a fresh childlike perspective, appreciating its beauty and accepting all its parts.

Description

A good way to do this and similar practices is by sitting and reclining. One good way to arrange yourself is leaning against a backjack. A backjack is a simple chair-like device that makes sitting on the floor easier. Backjacks are cloth-covered metal-framed back supports that rest on the floor with a low foam-rubber seat.

1. PREPARATIONS

Tidy and heat your bathroom or bedroom and the place where you'll explore yoni so you'll be warm enough to do this practice in the nude. We recommend doing this practice in front of a full-length mirror if you can arrange it comfortably. Either way, collect up a hand mirror, a strong flashlight, drinking water, a drawing pad, and some pencils before you begin.

2. RITUAL BATH

Give yourself a ritual bath to freshen your body and cleanse your energy. Light incense and candles and add soothing salts or bubbles to the water. Then wash yourself tenderly as if you were bathing a newborn.

3. POSITION

Arrange yourself nude in a comfortable reclining position propped on pillows or using a backjack in front of a full length mirror with legs spread apart. If can't arrange this comfortably, you can lean against your bed headboard and use a hand mirror instead. The brighter the lighting the better so you can focus on your sacred details.

4. SACRED SPACE

Use whatever ritual actions and props help you make your play space sacred, including sensual music. Acknowledge yourself and your inner being spiritually with a namasté.

5. ADMIRING YONI

Focus on your yoni with love and appreciation. Look at her parts in depth: hair, mound, lips, clio, opening. Breathe life into your beautiful flower from inside and out.

6. DRAWING

A wonderful way to concentrate on the details of your yoni without self-put-downs or personal resistance is by drawing a picture of what you see. Your drawing skill and art quality aren't important, it's the studying yourself that is. After you've sketched your closed yoni, hold her lips open with one hand while you draw the parts normally hidden from outside view.

7. TURN-ON

Gently touch the inner and outer parts of yoni. Feel how the different tissues feel different to your touch. If you want to go further, caress yourself to turn yourself on. As you get aroused, watch the changes that occur in the skin color, texture, and shape of your body, especially your breasts, nipples, and yoni. Notice your breathing, motions, and muscle tension and other changes like lubrication. Make another sketch of your yoni when turned on.

8. INSIDE

Put a moistened finger inside yoni. We encourage you to taste and smell the clean natural fluids on your finger. In Tantra, we view them as sacred. Learn to associate these senses with pleasure by practicing and talking with yourself. You can even draw the inside of your yoni if you've ever taken a clear plastic speculum home from a gynecological exam.

9. CLOSING

Close your Sacred Space by giving yourself a namasté and doing whatever works for you to give thanks for the pleasure your body brings you.

PRACTICE: Play Doctor Yoni Exploration

Description

Were you lucky enough to play doctor with your young friends while growing up? We hope you had a chance to check out the jewels on the other side of the gender line before you bought all the negativity adults dump on kids these days. If not, never fear, you can be a kid again and play with your favorite "doctor" tonight.

If you practice this enough, you'll come to a place of personal pride. You'll believe your yoni is beautiful and really feel she is a sacred gift. So naturally you'll want to show her off to those you love and trust.

If you've never had a partner explore your sacred garden in the same way, here's your chance to deepen your intimacy and self-acceptance.

Some notes to the giver: Approach this practice as a sacred trust. This kind of exposure makes a woman highly vulnerable. Tell her what you plan to do before you do it. Get permission for major changes. Maintain as much eye contact as possible. Give reassurance. If you're not sure of something, ask a question. Feedback and dialogue are

great as long as you don't extend that to distracting sidetalk. Above all, show your love and respect.

Purpose

To offer your lover a chance to look at your yoni thoroughly from a fresh childlike perspective, appreciating its beauty and accepting all its parts.

1. PREPARATIONS

Tidy and heat your bathroom and the place where you'll explore yoni so you'll be warm enough to do this practice in the nude. Have props and drinking water handy.

2. RITUAL BATH

Ask your lover to give you a ritual bath to freshen and cleanse your energy as well as your body. Light incense and candles and add soothing salts or bubbles to the water.

3. POSITION

Arrange yourself with a loose wrap in a comfortable reclining position with legs spread propped on pillows, a backjack, or against your bed headboard. Your partner should be seated on a pillow or backjack between your legs. Without being glaring, be sure the lighting is adequate for your lover to see your sacred details. If you want to create a better atmosphere in the room with candles and indirect lighting, your partner can use a flashlight.

4. SACRED SPACE

Use whatever ritual actions and props, including sensual music, help you make your play space sacred. Acknowledge each other spiritually with a Heart Salutation. Discuss the Partnering Questions -- desires, concerns, and boundaries -- before you actually begin.

5. HONORING

Before beginning, your partner should offer yoni a gift such as a small flower, express appreciation for being welcomed in such an intimate way, and promise to respect her and you in any way you require. Your beloved can say something like "I offer this flower as a symbol of how I honor yoni. Thank you for trusting me enough to invite me to view this special place." When you feel ready, give your partner permission to examine yoni.

6. ADMIRING YONI

Spread your legs wide and uncover yoni fully. Ask your partner to focus on yoni with love and appreciation, looking closely and in detail at all her parts. The most loving partners will tell you how lovely she looks.

7. OPENING

Hold yoni's lips open so your lover can see the parts normally hidden from outside view.

8. TURN-ON

If you want to go further, caress yourself to turn yourself on. As you get aroused, show your lover the changes that occur in the skin color, texture, and shape of your body, especially your breasts, nipples, and yoni.

9. INSIDE

If you have a speculum and you're willing, let your lover look inside yoni.

10. CLOSING

Close your Sacred Space by talking about what happened, giving each other a Heart Salutation, and giving thanks for the trust and intimacy you shared.

Touch The Whole Body Tantrically

Now that you're solidly on the path of loving your body in total, let's get serious about the obvious thrust of this book. What specific parts respond to sexual stimulation? There has been lots of research on erogenous zones, the parts of the body that arouse sexual desire when you touch them.

What's the biggest erogenous zone? If your thoughts went to your crotch, we got ya. It's your skin. Any millimeter of your epidermis can turn you on, especially if you relax, use Orgasmic Breathing, and flow energy to it.

The sixteenth-century Hindu love manual, the "Ananga Ranga," teaches that a woman's erogenous zones are the head, eyes, lips, mouth, cheeks, ears, throat, nape of the neck, breasts, nipples, belly, back, arms, hands, thighs, knees, ankles, feet, big toes, yoni, waist, buttocks, crown of the head, and the center of the forehead.

Whew! No wonder women complain they want more foreplay with so much territory to cover.

In fact, those complainers are much more likely to tell you that it's HOW you touch her skin that feels sensual. And we're not just talking about technique here. What counts is the presence, the sensitivity, the love that you touch with. That's what we call Tantric Touch.

Erotic Zones That Crave Love & Touch

Diving right into G-Spot massage or sexual union is uncomfortable for most women. Not only is it non-Tantric, in most cases it's downright rude.

The Goddess is much more juicy and joyous when awakened through full-body sensual massage first. Physical arousal from the outside and streaming energy from the inside are wonderful preparations for entering the Sacred Gate.

We don't mean to suggest you should leave out loving touch for your jewels and your other erectile tissues. Those are parts of the body that are physiologically sensitive to touch that they become engorged with blood when aroused, which you can tell because they swell and darken.

What erectile tissues do women report are the most sensitive and erotic?



- **Mons:** Classically known as the Mounds of Venus, the soft pubic-hair-adorned tissue covering the pubic bone that divides into yoni's outer lips.
- **Lips:** Yoni's *labia* are soft folds of skin that protect her when she's resting. The outside lips are called the *labia majora* and the inside ones are the *labia minora*.
- **Clio:** The *clitoris* is the highly sensitive bud that peaks out under its hood at the apex of the inner lips and extends deeper inside around yoni.
- **Urethra:** The canal that conducts urine from the bladder to the outside world. You can make out the highly sensitive orifice, known as the *meatus*, near the top or just inside yoni's mouth.
- **Urethral Sponge:** Spongy erectile tissue that surrounds a woman's urethra composed of up to forty little paraurethral glands and ducts collectively known as the *female prostate*.
- **Inner Yoni:** The vagina, the elastic tube that extends from the vaginal opening, or yoni's mouth, up to the *cervix*, the opening to the uterus or womb.
- **Perineum:** The spongy, highly erogenous tissue between yoni and the anus that includes the soft sensitive tissue on yoni's back wall.

- **Anus:** The other very sensitive orifice between the butt cheeks which is too often overlooked. This is unfortunate because it's loaded with nerve endings. Our Tantric name for the anus is *rosetta*.

Just like other body parts, these erotic zones come in all shapes and sizes, which by the way has little to do with their sensitivity.

PRACTICE: Awakening Your Erotic Zones

Description

Let's extend your self-loving to these extra special spots.

For this practice you'll need pillows and backjack or other back support, towels, personal lubricant, flashlight or small table lamp, and a small hand mirror. We like to put a soft towel or absorbent pad underneath a sarong to eliminate any self-consciousness caused by fluids potentially wetting the bed. Yes, your assignment, ladies, is to get wet!

Purpose

To accept and explore all your erogenous zones thoroughly in order to discover what's most sensitive.

1. POSITION

Arrange yourself nude in a warm room in a comfortable reclining position propped on pillows, leaning against your bed headboard, or using a backjack.

2. SACRED SPACE

Use whatever ritual actions and props help you make your play space sacred. Use erotic background music that gets your juices flowing. Acknowledge yourself and your inner being spiritually with a namasté.

3. TOUCHING

Begin touching yourself Tantrically slowly all over as if you've never done this before. Don't avoid anywhere you can reach.

4. EROTIC ZONES

As you glide around your skin and hair, notice what feels best and start zooming in on what gives the most pleasure.

5. OBSERVE

As you turn yourself on, watch the changes that occur in the skin color, texture, and shape of your body, especially your breasts, nipples, and yoni. Notice your breathing, motions, and muscle tension and other changes like lubrication.

6. MAPPING

Experiment to find what's most sensitive. What kind of stroke, pressure, and speed is most erotic for each pleasure spot? What feels neutral or numb? What's uncomfortable, tense, painful?

7. ORGASMIC BREATHING

Also experiment with using Orgasmic Breathing to use your erogenous zones to generate and spread sexual energy.

8. SELF-PLEASURING

Bolster your self-love and your acceptance of the truth that your body and its pleasures are divine gifts. Energize this reality by connecting the erotic zones generating Kundalini with your heart and spiritual centers in the head. For example, put one hand on yoni and the other on your third eye. Use this step to reframe self-pleasuring in your mind as a sacred ritual.

9. CLOSING

Close your Sacred Space by giving yourself a namasté and doing whatever works for you to give thanks for the pleasure your body brings you.

Yoni-Do

Some women care for their pubic hairdo just as they do their head hair. Some tidy, some create a heart or other design over their mons, some shave completely naked down to yoni's opening. We honor all manifestations of the Goddess.

Do you have a yoni-do? Have you ever shaved down there? We don't urge one form over another, but we do suggest you consider your preferences. Begin to take personal pride in the appearance of your most sacred grotto. This isn't preparation for a sojourn at a nudist camp. It's revering your most sacred of spaces for your own pride.

What would look best to you? What feels best with tight pants and during sex? What does your partner prefer? Experiment and find your pubic hair identity. We know couples who bestow the responsibility for jewel hairdos on their partner. It takes a lot of trust in your partner and yourself to allow another to take razor or trimmer to such a delicate place.

Somraj's vajra doesn't like the bristle of a growing yoni bush, both on the giving and receiving side. He trims around vajra's base every month or so to keep the wildest hairs at bay and out of the way when open access is desired. Jeffre routinely dipilitates yoni's environs, and through trimming leaves short softer hairs on her outer lips. That's what works for us. What works best for you?

PRACTICE: Partner Shaving

Discuss with your partner some of the options you've considered. Find out what she or he might like. Discuss the possibility of your partner shaving you. This can be quite a turn on. If you're willing, go for it.

Lips

Yoni is protected by two soft folds of skin commonly called lips. Yoni's lips are two vertical flaps of tissue medically known as labia. The longer, larger outer lips, the labia majora, extend from the mons to below yoni's opening. Pubic hair typically grows from the mons down the outer lips, sometimes on the inside too.

At rest, the outer lips cover the entire yoni. Which is of course their divine job, to protect and serve. When aroused, they flatten against the sides of yoni, opening and exposing the soft sensitive often moist inner lips and surrounding tissues.

The inner lips, labia minora, surround yoni's opening. At the top near the mons they meet to form a hood that covers and protects the highly sensitive head of clio.

At rest, the inner lips are normally closed as well. When excited, they swell, lengthen, and thicken until they protrude well past the outer lips. As a woman approaches orgasm, they can become red or even wine colored.

Both sets of lips are sensitive to rubbing, brushing, blowing, and licking. Don't be deterred by any pubic hair your lover chooses to retain. Pulling on it gently and swirling it between

fingers or tongue is pleasurable. Just be sure use ample lubricant so that you don't tug or abrade the skin.

Wetness

Yoni and Sacred Gate massage feel much more luxurious when accompanied by ample wetness. Yet, not every woman always lubricates enough naturally for smooth gliding over all her sensitive tissues.

This is not a measurement of your sexiness or your lover's skill. It's just a physical reality like the changing of the seasons or the ebb and flow of ocean tides. Not every woman gets totally wet all the time. Using latex gloves or condoms tends to dry lubrication faster than skin-on-skin play. Especially as a woman approaches menopause, natural wetness decreases.

To learn to float in the Supreme Bliss of Sacred Gate ecstasy, both giver and receiver must develop sensitivity to lubrication in each moment. Learn what brings on your natural flow and what sensual products you prefer to use for assistance.

By the way, don't hold out for the coming Female Ejaculation Chapter. Amrita, the fluid expelled during female orgasm, isn't thick enough to provide enough slipperiness. When Jeffre is in a gushing mood, we have to replenish our preferred lubricant every few moments. Have you heard the phrase "the price of doing business?" It's just a reality we've learned to accept and enjoy.

Lubricants

So what can you add to your sacred play if you need to bolster natural wetness? There are really two ways to go: oil and water. And you're right, inside yoni they don't mix.

Because they don't dry out quickly, we sometimes use massage oil or thicker oil-based products on clito and yoni's external lips. Our favorite is a makeup remover found at many drug stores called Abolene.

We're extra careful not to introduce any of this type of products inside. We do that by avoiding the yoni's mouth at first and wiping carefully on a towel or Baby Wipe before penetration.

The environment of inner yoni is a carefully balanced one, easily disturbed by introducing unnatural substances. That includes digestibles like Vaseline, oil, fruit jelly, whip cream, chocolate sauce, honey, or many feminine hygiene and spermicide products. One physician friend is so zealous about this that he urges women to never put anything inside yoni that isn't pure water or skin.

Friendly bacteria, lactobacilli, like what's in yogurt, live in harmony with yoni's wet dark environment and keep yeast, candida, at bay. If you introduce undesirable substances, it can throw yoni's pH balance out of whack. If the yeast takes over, the consequences are uncomfortable, sometimes painful, as she strives to regain her delicate floral balance.

Spermicide on many condoms and some lubricants, nonoxynol, is awfully strong. Some studies have shown it's so abrasive that its use irritates the skin and makes it more likely to transmit STD bacteria and viruses so we recommend avoiding it. Further, did you know that oil-based products are known to slowly deteriorate latex? That makes them unsafe for protection against STDs (sexually transmitted diseases) when you're using condoms.

Water Water Everywhere And So Much Fun To Drink

There are many advantages to using water-based lubricants, as well as a few drawbacks. They tend to be more natural and more absorbent. They merge with a woman's inherent secretions better. But they tend to dry out as the water evaporates. And some have ingredients that overly sensitive yonis can do without.

Though it's not as thick and long-lasting as many commercial products, saliva is the most natural, plentiful, and inexpensive. Our ebook on Tantric Oral Sex will give you all the tips and techniques you'll ever need to carefully apply saliva to yoni.

There are lots of non-saliva choices on the market today. Wet, Astroglide, Probe, Liquid Silk, and KY are some of the more commonly used ones. Jeffre used to prefer the light version of Wet, but her favorite now is Probe. It has a natural fruit-based preservative and is largely tasteless, but some of our friends find it too thick. Others prefer Liquid Silk, but it doesn't taste very great. Which is best for you? Who knows, you lucky soul, you get to experiment.

Where to get them? Drug stores carry a limited, often less-than-natural selection. Adult bookstores and sex shops have the best variety, but then you have brave the seamy steamy environment of most of them. We buy ours on-line. Good Vibrations, goodvibes.com, a wonderful employee-owned sex-positive women-staffed vendor that offers a sample pack of small amounts of most popular ones. Also our friend Gary at DoctorG.com has a wonderful supply. There are lots of other choices on the internet.

If the wetness from your yoni and mouth provides enough slipperiness for all kinds of external and internal play, then enjoy your natural lubrication. If not or if you're curious, we encourage you to explore different kinds of substances that you can use in different situations. For instance, anal play always requires additional water-based lubrication.

PRACTICE: Partner Awakening Outer Yoni

Description

Let's take this opportunity to see what most pleases yoni and what kind of lubrication helps. See the notes to the giver in the Play Doctor practice.

Purpose

To relax, open, and awaken outer yoni's unique energy while showing a partner how to touch you and build intimacy.

1. PREPARATIONS

Begin by tidying up, heating your room, taking a ritual bath, and arranging the space so you can lean back against a backjack or pile of pillows with legs spread. Often pillows under knees make it more comfortable for extended play. Be sure to have drinking water and various lubricants handy for experimenting. Use soft towels or absorbent pads underneath to eliminate any self-consciousness about your fluids wetting the bed.

2. SACRED SPACE

Use whatever ritual actions and props help you make your play space sacred, including erotic music. Acknowledge each other spiritually with a Heart Salutation and sweet words of love and honoring. Discuss the Partnering Questions -- desires, concerns, and boundaries -- before you actually begin.

3. TOUCHING

Have your lover begin by slowly caressing, arousing, and touching you Tantrically. Ask them to start at the perimeter and circle towards yoni: legs, thighs, face, neck, tummy, breasts. Make sure you both take your time and enjoy. It's your job to relax, breathe deeply, and make sounds that express what you're feeling. A good partner will remind you of these ways to be present, responsive, and appreciative.

4. OUTER YONI

Ask your lover to touch outer yoni with a gentle loving Tantric touch. (A good partner would never approach yoni without permission.) Giver, try circling around the perimeter and gradually coming closer and closer. Squeeze her outer lips between thumb and forefinger, then gently rubbing the outer lips together.

5. EXPERIMENT

As yoni begins to warm and open, ask your lover to use one of your sample lubricants with different strokes. You can try oil on the outside as long as your partner is careful not to get any inside yoni. Always ask for what you want and give gentle loving feedback using the Feedback Sandwich (compliment, change, acknowledge). If you don't know what you want most, ask for different strokes at different speeds and pressures.

6. STROKES

Giver, use a well-lubricated finger up and down the outside of yoni's outer lips. You can turn this into circles by swiveling around to the other side at top and bottom. Gradually move your strokes and circles to the inside of her outer lips. Circle around clio and her inner lips as well. Just be careful not to make direct contact with clio too soon.

7. TURN-ON

If you want, after learning together you can switch your attention to pleasure and enjoy yourself to the max. Use Orgasmic Breathing to intensify and spread sexual energy around your body. Your partner can help by reminding you to breathe if necessary. Though orgasm isn't necessary, if you want to end with one, enjoy yourself.

8. COOL DOWN

When you're ready to stop, be sure your partner knows to follow your lead. Do you want gradual slowing or simply holding still? Whatever you prefer, ask your lover not to abruptly break contact. Instead, have them cup and hold yoni with their palm, while the other hand is on your heart. Look in each other's eyes and breathe together.

9. CLOSING

Close your Sacred Space by talking about what happened, giving each other a Heart Salutation, and giving thanks for the trust and intimacy you shared and the pleasure your body brings you.

Afterthoughts

For now, see what you can learn and how turned on you can get by exterior play. After we concentrate on clio and her unique needs, we'll cover the unique qualities inside yoni.

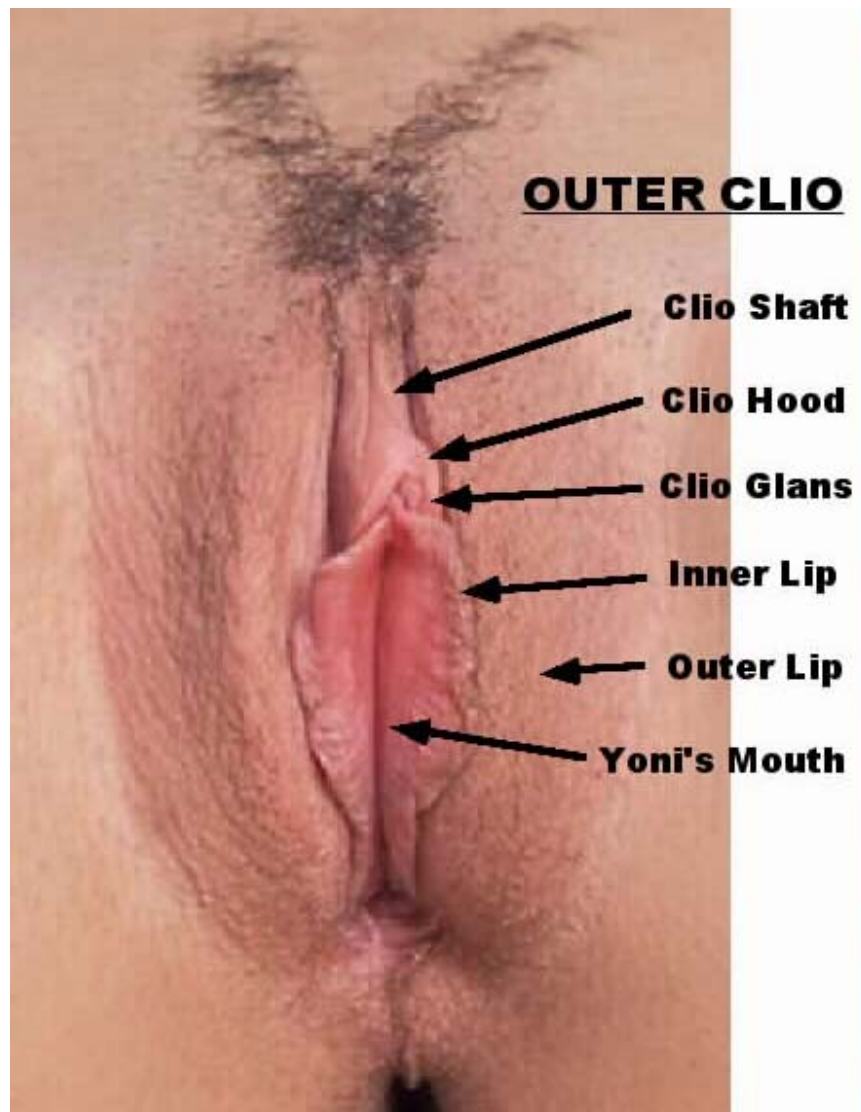
5.4 Clio Section

Clio

Clio is an extensive band of highly excitable erectile tissue whose head peeks out of the upper end of a woman's outer yoni (vulva) just below the meeting of the inner lips (labia). Many consider clio, known medically as the clitoris, the crown jewel of female anatomy. She's unique because, unlike every other part of the body, she has no other purpose but pleasure.

The good news, which you're probably aware of, is that this spongy erectile tissue is rich in blood vessels and nerve endings that makes it swell with arousal and get firm, almost like a little vajra (Tantric for penis).

Clios vary considerably in size from woman to woman, just as vajra length and girth do for men. Clio's tip, called the glans, is located at the apex, the top, of the inner yoni lips (labia minora). The glans is the part most sensitive to touch and averages about the size of pencil eraser.



Clio's Hood

The intersection of the inner lips creates a hood that covers the glans and protects clio under most conditions. This is fortunate since she's the most sensitive erogenous zone for most women. Why? Because she has the highest concentration of nerve endings in the female body. We've heard as many as 8000 in that tiny little glans, more than any other part of the human body. That's why clio is so hypersensitive. Before sufficient arousal, direct contact with her head is too much, even painful, for most women.

If you pull back clio's hood, you may or may not see her. Some clios just aren't visible until they swell with enough excitement. An erect clio often causes the hood to smooth out. When aroused, some women's clios double in size.

When a woman nears orgasm, clio typically retracts inward and downward toward yoni's opening, hiding under the hood. But don't worry, she'll reappear when arousal decreases.

Clio's Deep Recesses

Clio has a shaft under the skin that extends up towards the pubic bone and belly before it turns down toward inner yoni. When clio is aroused and swollen, the shaft becomes rigid and sinks deeper inside the body.

The downward extensions of clio's shaft spread further towards inner yoni. Some believe clio's erectile tissue extends deeper connecting with the urethral sponge, the labia, and the perineum, nearly surrounding inner yoni. Though this premise hasn't been proven, it would explain the sensitivity of these erogenous zones in and around yoni.

What has been medically accepted are clio's legs, called crura. The two crura continue down deeper for about 3 inches (8 centimeters) towards the Sacred Gate, one on either side of inner yoni. Have you ever noticed the pleasurable sensation from two fingers pressing into the soft tissue on either side of yoni's opening? This is one of Jeffrey's favorite warm-ups.

Clio's Responses

The deeper extensions of clio's anatomy may explain why Masters & Johnson's hypothesis that only clio causes female orgasm was accepted for so long. Vajra penetration may very well stimulate clio's legs. If the man moves upwards during missionary position intercourse or grinds the woman's pubic bone at the end of the in-stroke, clio can receive significant excitement.

Clio's physiology can help lovers understand some of the unique aspects of female sexual response. The tip of clio is fed by the pudendal nerve as are yoni's lips and opening, the perineum (the tissue between yoni and the anus), and the anus itself.

By the way, "pudenda" is a fancy out-of-date term for external human genitals.

Clio's shaft and legs (as well as inner yoni and the G-Spot) are fed by the pelvic nerve deeper inside. This possibly explains why orgasms feel different when triggered by the inner and outer erogenous zones. Much more about this later in the Ecstatic States Chapter about higher levels of ecstasy.

By the way, when we refer to clio, we usually mean clio's glans. If we mean any of her inner parts, we'll be specific.

How to Stimulate Clio

Remember the distinction between Yin, the nurturing female approach, and Yang, the stronger more forceful male approach? If you're not very experienced giving clios exactly what they crave, pay careful attention to the difference.

Because clio is hypersensitive, a yin start is essential for most women. Begin by awakening the rest of her body. As she warms and you approach yoni, be careful not to directly touch clio's glans initially. Use a light, slow, gentle caress at first on clio's sides and shaft. A smooth limp finger or tongue works great. Circling around clio feels great too. Be sure you have ample lubrication from yoni, your mouth, or a commercial product. If the giver has really rough hands, you might like to try latex gloves. It makes the fingers incredibly smooth.

As the woman's excitement grows, you can gradually approach clio more directly in a yang way. Lightly at first, your straight or circular strokes can stray towards the glans. As feedback tells you she's getting more turned-on, little by little increase your speed or pressure and ask for feedback from the Goddess.

As excitement builds, many women like a hand rubbing over clio and her environs. Some like flicking with a finger or tongue. If you're using your mouth, you can try sucking an erect clio as well.

When highly aroused, many women like super yang clio stimulation. That is, hard, fast, and deep pressure.

Clio During Maithuna (Sexual Union)

We've found that too many women simply don't know what kinds of loveplay they like and don't like. And those who do know are often too inhibited to talk about it or just don't know how to describe it.

Whether you're an expert of clio's preferences or not, we encourage you to explore exactly what she likes. See our Tantric LovePlay and Ecstatic States Chapters for ideas and practices.

And while we're on the subject of loving clio, consider how she's contacted during maithuna.

We learned during our Native American sacred sexuality training (Quodoushka) that only about 10% of women's clios are close enough to yoni's opening to be easily orgasmic from typical vajra penetration. Unfortunately, straight pumping misses most clios entirely.

By adjusting angle and stroking, the average clio doesn't have to be completely ignored during sexual union. The in-and-out motion may pull the external yoni tissue thereby massaging clio. And of course a hard vajra can apply pleasurable pressure to clio's crura on either side of inner yoni. Even better is a lover who knows how to grind his pubic bone on hers on the in-stroke. These are some of the ways clio can participate actively and appreciate maithuna.

EXERCISE: Clio Discussion Questions

Here are some questions to use for reflecting, journalling, or talking...

- How sensitive is clio?
- How close is clio to yoni's mouth?
- What does she want more of?
- What does she want less of?

5.5 Inner Yoni Section

Inner Yoni

Even if you don't remember, at one time you were intimately connected with the sacred garden we refer to as inner yoni. We're sure you know the facts of life whether you recall the details of your birth or not.

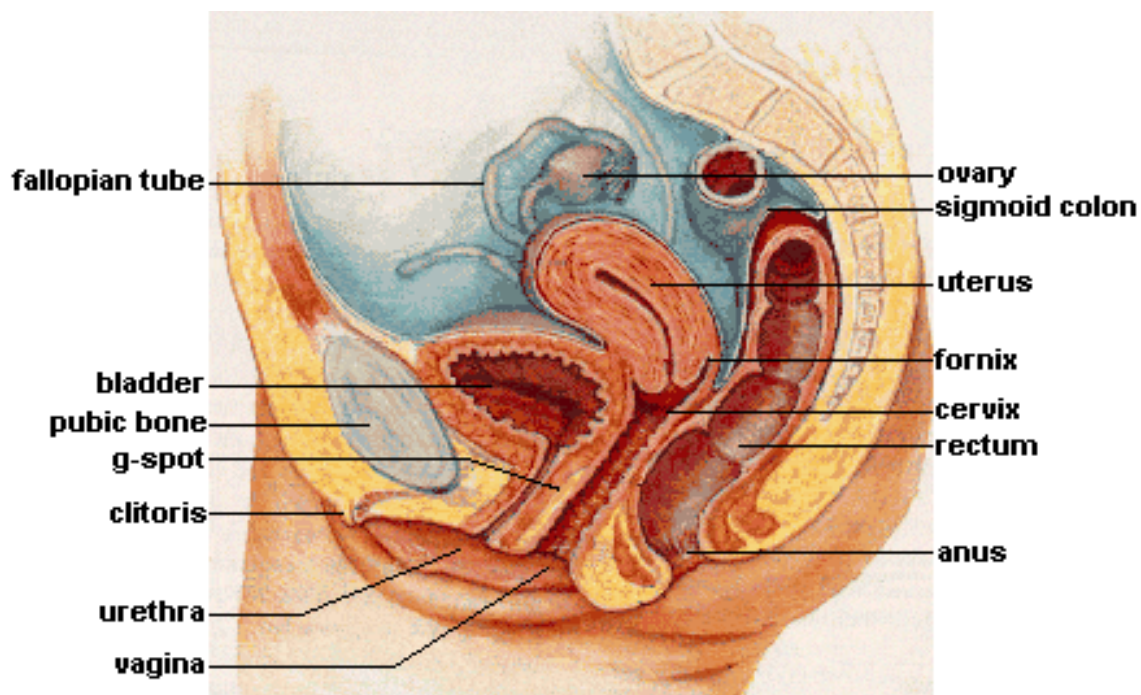
Childbirth, intercourse, menstruation -- it seems yoni was designed with the reproduction of the species as a first priority. We give thanks to the divine powers and ancient Tantrikas who teach us how yoni offers unlimited pleasure as another sacred opportunity.

Inner yoni is a deeply folded, highly muscular, expandable canal lined with mucous membranes. From its outside opening between the inner lips, yoni curves up towards the belly and cervix, the entrance to the womb or uterus.

Normally the channel is collapsed upon itself so there's no space between its touching walls. When first aroused, the membranes that cover yoni's insides lubricate. As she gets more aroused, yoni opens and lengthens.

Yoni's deeper two-thirds have smoother walls with fewer nerve endings than the outward third. Consequently, this inward area responds less to touch and more to pressure, like that produced from a firm, hot, cylinder of flesh. What an amazing design!

The outward third of yoni, the part closest to the mouth, is different in character than the inward two-thirds. Because it's dense with nerve endings, the walls of yoni's outward third are highly responsive to touch. Of course, you already knew that, right? These tissues are covered with ridges and furrows, especially around the urethra that transports urine out of the bladder.



Urethra

The bladder is above the top inward end of yoni. The urethra is the medical name for the slender tube that runs along the top or front side of inner yoni and conducts urine from the bladder to the urethral opening near yoni's inner lips.

The average urethra is about 1.5 inches (4 centimeters) long, which is much shorter than the similar canal in a man's vajra. Because it's so short, women are much more susceptible to urinary tract and bladder infections. That's because germs don't have as far to travel inside, especially after deep and extensive sexual play.

But don't worry, it's easy to prevent this. Just be sure to drink lots of water before, during, and after sex of any kind. And remember to empty your bladder as soon after play as you can to cleanse the canal.

The opening of the urethra is technically called the *meatus*. It lies below clio within yoni's inner lips and near the top side of her opening. Some women's meatus is just inside the top side of inner yoni. For many women, the meatus is especially sensitive to stimulation since it's surrounded by the beginning of the urethral sponge.

Urethral Sponge

There are a number of glands and tissues around yoni that can create delicious sensations with specific kinds of massage. The tissue along yoni's front or upper wall is colloquially called the G-Spot.

The entire urethra is surrounded by spongy erectile tissue under the upper surface of yoni which is called the *urethral sponge*. The sponge is composed of up to 40 little glands and ducts referred to as *paraurethral* since "para" means beside or near.

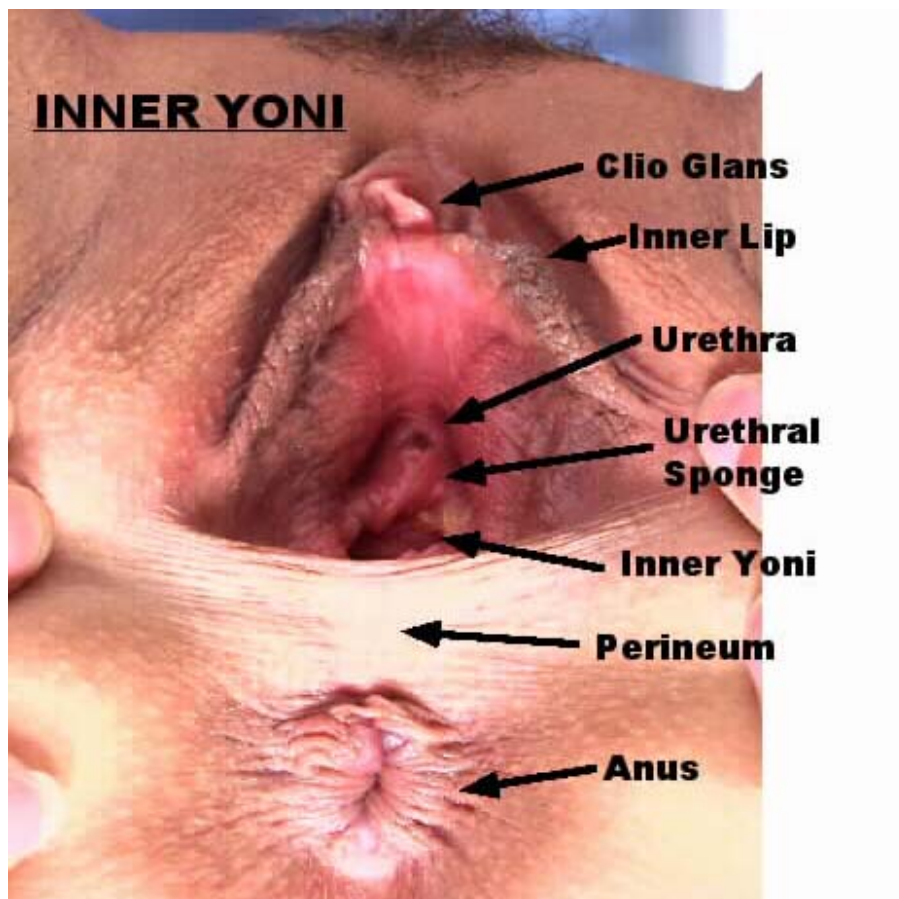
Some call the paraurethral glands the Skene's glands after the physician, Alexander Skene, who discovered and drew them in 1880.

Dr. Milan Ziviacic, a medical professor at Comenius University in Slovakia, has been studying women's urethral sponges since the early 80s. He's clearly demonstrated that the tissue secretes the same chemicals produced by male prostates. Since these organs also develop from the same tissue in men and women, he and many other sexologists now use the term *female prostate* for the glands and ducts that surround the urethra.

With sexual arousal and firm pressure, the urethral sponge swells with fluid. Though the exact physiology has yet to be completely understood, it's clear that female ejaculate comes from the urethral sponge/female prostate at least in part.

Natural vaginal lubrication emanates from another source. This thicker, slippery fluid comes from the *Bartholin glands*, two small organs located on each side of yoni's mouth.

The *perineum* is the sensitive tissue between yoni and rosetta (anus). Many women find stimulation of this area highly pleasurable because of its rich nerve endings and erectile nature. Plus it's close to another one of the most sensitive organs in the body, the anus. Maybe proximity to the perineum and rosetta is why some women find the back wall of yoni near her opening so sensitive.



EXERCISE: Prostate Discussion Questions

Here are some questions to use for reflecting, journaling, or talking...

- How familiar are you with the parts of your or your partner's female prostate?

- What parts are most sensitive?
- What does each part prefer?

PC Muscle

The outward third of yoni is surrounded by the PC muscle. Medically, PC stands for *pubococcygeus*. We have discussed this somewhat in the Kundalini Energy Chapter.

As you might expect from its initials, this muscle is connected in front to the bottom of the pubic bone and in the back to the bottom of the spine, the coccyx. If you've ever tried to interrupt peeing, you know how to locate your PC muscle from the inside. It snakes around your yoni (or vajra and testicles for men) and rosetta in a double figure eight along the floor of your pelvis.

Yoni and her muscle tone are inextricably connected to the strength of a woman's PC. With a strong PC muscle, not only is yoni healthier and more apt to produce pleasure, but a woman can grasp, grip, and massage a visiting vajra strongly. With a weak PC muscle, urine more likely to leak from the bladder through the urethra, and sexual pleasure is diminished.

Many women's PC muscles are continually tense, often the result of emotional and psychological issues resulting from negative sexual encounters. Not only is this unhealthy for this vital part the body, but chronically tense PCs can radically impair a woman's ability to orgasm and ejaculate.

Your PC, like clio's tip and the outward part of yoni, are fed by the pudendal nerve. It's likely that with a strong pumping PC muscle you're stimulating clio's deeper extensions and yoni's dense array of nerve endings and erectile tissue.

If you want to truly heighten your ecstatic experience, a strong PC muscle is vital. We recommend exercises, especially done with the KegelMaster 2000.

PRACTICE: Solo Inner Yoni Massage

Purpose

To examine and experiment with inner yoni's unique structures, tissues, and sensations by yourself.

Description

This practice builds on the earlier one called "Explore Yoni Solo." This new one is a great way to discover more of the inner details you've just read about. If you and yoni need to become closer and more intimate, this practice session was designed for you.

If you have a *speculum*, use it. If not, we suggest you buy one. Women are undoubtedly familiar with this plastic device gynecologists use for yoni exams. Guys may not realize that a speculum is an instrument used for dilating and lighting certain passages of the body to facilitate examination.

Reaching inside yoni with your fingers may be awkward for extended periods of time. To prevent this from happening, we encourage you to experiment with sex toys like dildos and vibrators at this point. One of our favorites is the Crystal Wand. It's an "S" shaped piece of clear plastic that's easy to hold and manipulate while you insert the other end inside yoni. For more information, click here...

<<http://www.tantraattahoe.com/product.htm>>.

1. PREPARATIONS

Begin by tidying up, heating your room, taking a ritual bath, and arranging yourself leaning back against a backjack or pile of pillows with legs spread. Often pillows under knees make it more comfortable for extended play. Props you may want to collect are a

speculum, mirror, flashlight, lubricant, towels, vibrator, and Crystal Wand or dildo. Use a soft towel or absorbent pad underneath to eliminate any self-consciousness of fluids wetting the bed.

2. SACRED SPACE

Use whatever ritual actions and props help you make your play space sacred. Carefully choose soothing sensuous music. Acknowledge yourself and your inner being spiritually with a namasté.

3. BODY

Begin by slowly touching, caressing, and arousing yourself. Start at the perimeter and circle towards yoni: legs, thighs, face, neck, tummy, breasts. Take your time and enjoy. Be sure to relax, breathe deeply, and make sounds that express what you're feeling.

4. OUTER YONI

Touch outer yoni gently and lovingly. As she begins to warm and open, add whatever lubricant you prefer. Some women prefer clito stimulation before yoni penetration. As you turn yourself on, follow your own guidance.

5. INNER VIEWING

If you have a speculum, this is a good time to lubricate and insert it and examine the different surfaces and glands within. Even if you don't, you can spread your inner lips and see into the outward third of yoni. Examine the membranes and see if you can identify any of the different types of glands that surround yoni.

6. INSIDE YONI

Lick or lubricate a finger and slowly circle it as far as your hand will turn around yoni's opening in both directions from 12 o'clock (the top side) to 6 o'clock (the bottom side). Do you feel different sensations at any clock position? Does your finger feel any differences in texture or shape?

7. DEEPER

With gentle Tantric touch, insert your finger another inch and repeat the circling motions, continuing to feel inside and out. Go deeper an inch at a time as far as you can while discovering different feelings and sensations. Combine in and out with circling motions as you go descend. Also, tighten your PC muscle and feel the pressure on your finger in different positions. If your hand or finger gets too tired, remove it and shake out the tension before continuing. Whenever you decide the time is right, feel free to switch to using a toy like the Crystal Wand.

8. TURN-ON

To really learn what's most sensitive, switch your focus from exploring to pleasure. Use Orgasmic Breathing to intensify and spread Kundalini energy around your body. Though orgasm isn't necessary, if you get swept away by a big explosion -- or really want to end with one -- enjoy yourself.

9. CLOSING

Close your Sacred Space by giving yourself a namasté and doing whatever works for you to give thanks for the pleasure your body brings you.

PRACTICE: Partner Inner Yoni Massage

Description

We hope you enjoyed discovering new things that please yoni while bringing yourself exquisite pleasure. Now that you've mapped yoni's special zones and identified how she prefers to be massaged, you can share these findings with your partner.

Your secret garden is a divine place. Sharing yoni's secrets is a sacred gift. Enter into this practice as a way to build intimacy, not with any strong expectations or discreet goals. Continue the spirit of the Play Doctor Practice earlier in this chapter.

Some notes to the giver: Approach this practice as a sacred trust. This kind of exposure makes a woman highly vulnerable. Tell her what you plan to do before you do it. Get permission for major changes. Maintain eye contact as much as possible. Give reassurance. If you're not sure of something, ask a question. Feedback and dialogue are great as long as you don't extend that to distracting sidetalk. Above all, show your love and respect.

Purpose

To guide a partner to explore inner yoni's unique character and energy so you can relax, open, and awaken to build intimacy and lovemaking skill.

1. PREPARATIONS

Begin by tidying up, heating your room, taking a ritual bath, and arranging space leaning back against a backjack or pile of pillows with legs spread. Often pillows under knees make it more comfortable for extended play. Props you may want to collect are a speculum, mirror, flashlight, lubricant, towels, vibrator, and Crystal Wand or other sex toy. Use a soft towel or absorbent pad underneath to eliminate any self-consciousness of fluids wetting the bed.

2. SACRED SPACE

Use whatever ritual actions and props help you make your play space sacred. Carefully choose soothing sensuous music. Acknowledge each other spiritually with a Heart Salutation. Discuss the Partnering Questions -- desires, concerns, boundaries -- before you actually begin.

3. TOUCH

Have your lover begin by slowly touching, caressing, and arousing you. Ask them to start at the perimeter and circle towards yoni: legs, thighs, face, neck, tummy, breasts. Take your time and enjoy. Be sure to relax, breathe deeply, and make sounds that express what you're feeling. A good partner will remind you of these ways to be more present and enjoy more.

4. OUTER YONI

Ask your lover to touch outer yoni with a gentle loving Tantric touch. (A good partner would never approach yoni without permission.) Giver, try circling around the perimeter and gradually coming closer and closer. Squeeze her outer lips between thumb and forefinger, then gently rubbing the outer lips together.

5. INNER VIEWING

If you have a speculum and you're willing, let your partner view the different surfaces and glands within yoni. Even if you don't, you can spread your inner lips to reveal the outward third of yoni. Ask your partner to examine the membranes and identify any of the different types of glands that surround yoni.

6. INSIDE YONI

Ask your partner to lick or lubricate a finger and slowly circle it as far as their hand will turn around yoni's opening in both directions from 12 o'clock (the top side) to 6 o'clock (the bottom side). Do they feel different sensations at any clock position? Does their finger feel any differences in texture or shape?

7. DEEPER

With gentle Tantric touch, ask your partner to insert a finger another inch and repeat the circling motions, continuing to feel inside and out. Guide your partner to go deeper one inch at a time as far as possible discovering different feelings and sensations. Have them combine in and out with circling strokes while descending. Also, tighten your PC muscle so your partner can feel the pressure on their finger in different positions. If their hand or finger gets too tired, encourage them to remove it and shake out the tension before continuing. Whenever you decide the time is right, feel free to have them switch to using a toy like the Crystal Wand.

8. TURN-ON

If you want, after learning together you can switch your attention to pleasure and enjoy yourself to the max. Guide your partner to continue doing strokes that really turn you on. Use Orgasmic Breathing to intensify and spread sexual energy around your body. Your partner can help by reminding you if necessary. Though orgasm isn't necessary, if you want to end with one, enjoy yourself.

9. COOL DOWN

When you're ready to stop, be sure your partner knows to follow your lead. Do you want gradual slowing or simply holding still? Whatever you prefer, ask your lover not to abruptly break contact. Instead, have them cup and hold yoni with their palm, while their other hand is on your heart. Look in each other's eyes and breathe together.

10. CLOSING

Close your Sacred Space by talking about what happened, giving each other a Heart Salutation and doing whatever works for you to give thanks for the pleasure your body brings you.

5.6 Sacred Gate Section

"...An erotic zone could always be demonstrated on the anterior wall of the vagina along the course of the urethra...which seems to be surrounded by erectile tissue." ----- Ernst Gräfenberg in The Role Of Urethra In Female Orgasm

In Search Of The Mysterious G-Spot

Just like us, we hope you've repeated the previous practices multiple times with great fun, pleasure, and learning. If you have, you've most likely discovered the Sacred Gate to Supreme Bliss.

Of course, we're referring to the female G-Spot, the erectile tissue inside yoni under the lining of the belly-side wall. We call this yoni's "front" surface since it's the inner side closest to a lover on top or in front.

You know that, when aroused, erectile tissues fill with blood by getting "engorged." Did you know that erectile tissues get even more sensitive when swollen? We bet you did. Besides G-Spots, nipples and clios enjoy this divine gift. Guys carry one great little expandable example of erectile tissue between their legs.

Sorry, guys, we mean BIG example.

Conflicting Instructions

Where is the G-Spot? Because it's a slang term, that's a difficult question to answer exactly.

First, there are many conflicting teachings about the size of the G-Spot out there. Some say it's the size of a pea, some a bean, some say a silver dollar (2.5 cm if you're unfamiliar with U.S. currency). Actually, the truth is that some are bigger and some are smaller.

Some say it's one to two inches inside yoni, or near the urethral opening. Gräfenberg, whom the spot is named after, highlighted the area near the bladder at yoni's top end. Others direct you mid-way between the cervix at yoni's end and the pubic bone. There's some truth in all these conflicting descriptions as we'll explain below.

Much of the confusion and difficulty stems from that fact that this powerful "orgasmic trigger" isn't one well-defined organ like a male prostate gland or a female ovary.

Taking Aim At A Moving Target

What we call the Sacred Gate or G "Spot" is in reality the female prostate or urethral sponge. That's comprised of the 40 or so little paraurethral glands with their accompanying ducts and blood vessels surrounding the urethra. The urethra and its spongy insulation run along the front wall of yoni.

Some believe the biological purpose of the sponge is to protect the fragile urinary canal from a hard thrusting vajra when it gets engorged. Makes sense, huh?

Again, here's the good news. The female prostate, AKA urethral sponge, is erectile. So when you excite it, it swells under the surface of yoni's skin. You feel the hard "bean" under yoni's lining.

This explains why many lovers have trouble finding the G-Spot and enjoying stimulation. Because it's under the lining of yoni's front wall, it's not particularly sensitive or even noticeable without a high level of excitement. Many women report little or no feeling at first. Some even feel initial discomfort that obviously discourages further play.

As every conscious lover knows, each woman is different. Each woman folk prefers different strokes at different times. So unless you tune in to her unique formula in the moment, you may not feel her Sacred Gate at all.

Different Kinds

Further, it's hard to find the G-Spot because there are four different kinds of female prostates. In 1999, Zaviacic published his scientific findings that illustrated how the distribution of the paraurethral glands and ducts varies from woman to woman.

In most women, he discovered the greatest density of female prostate glands was located near the urethral opening. Here are the percentages of women he found with different kinds of prostates...

<u>% Of Women</u>	<u>Location Of Glands & Ducts</u>
70%	near meatus urethral opening by yoni's mouth
15%	near the bladder at yoni's top end
7%	mid-way back between yoni's mouth and cervix
8%	had minimal glands and ducts.

What this means is that your partner's most erectile Sacred Gate tissue is likely nearer yoni's mouth. Even so, the deeper little "tail" of the meatus-type female prostate can be highly sensitive.

Of course, the Sacred Gate of 30% of women follows a different pattern. There's a real chance it could deeper inside, or not very excitable without long dedicated arousal.

So Where Is It Exactly?

With the "G-Spot" better defined, can we now explain exactly where it is? Well, yes and no.

Additionally, different parts of the urethral sponge can be aroused at different times. That makes it seem that the G-Spot moves from time to time, even within one lovemaking session.

Visualize a clock superimposed over yoni's mouth while a woman is lying on her back. We know the Sacred Gate appears most often at the 12 o'clock position. But sometimes it's found at 11 or 1 o'clock. Most sex manuals instruct us to curl a finger upward toward yoni's front and reach around behind the pubic bone to find the area of the urethral sponge that's particularly excitable. We now know this doesn't contact the bulk of the G-Spot for most women, although it may make its deep tail feel real good.

If you don't know which bone we're talking about, just slide your hand from your belly button down toward your jewels. (This works for men as well.) If you press inward, you'll feel the soft give of your tummy until somewhere around your pubic hair. When you feel the hard structure near the surface, that's your pubic bone. From within, you can feel the underside of this floating bone by pressing up towards your belly through yoni's front wall.

The good news is that there's a surefire way to find the Sacred Gate. Usually the tissue covering the erect part of the sponge becomes rough and wrinkly, like a cat's tongue. This is the direct result of the urethral sponge getting engorged with blood. Search for the corduroy and you'll increase your chances of zooming in quickly. Couple that with searching under yoni's lining for the little swollen glands that sometimes feel like a bean and you've got it.

Just remember not to rest on your laurels and keep sensing with your fingertips in case it moves.

EXERCISE: G-Spot Discussion Questions

Here are some questions to use for reflecting, journaling, or talking...

- How easily can you find your G-Spot?
- What kind of female prostate do you or your partner have?
- What makes your or your partner's G-Spot swell the most?

What's In A Name?

Since it's not really a fixed point, the term "G-Spot" isn't really very accurate. Dr. John D. Perry, one of the original authors of the 1982 best-selling "The G-Spot" book, still believes it's the best compromise amongst the available poor choices.

As we've said, many sexologists use G-Area, G-Crest, or urethral sponge as well as paraurethral or Skene's glands. The term "female prostate," once quite common, is becoming more accepted again. Many Tantrikas use the ancient term "sacred spot."

As you've seen, we prefer to call the G-Spot the "Sacred Gate." This term reminds us that the erectile tissue of the urethral sponge/female prostate is a doorway to sensational sexual pleasure, deep intimacy, amazing ecstasy, emotional connection, and Supreme Bliss.

Why Don't More Women Know Where It Is?

Why haven't more women discovered the pleasure accessible through their Sacred Gate themselves?

Well, not everyone believes it's there. Many don't know where and how to find it. It's hard for many to reach even if they had a map and detailed instructions. Each woman's unique physique may require a different body position. Also, it's smaller in post menopausal women and therefore harder to locate.

Every woman knows the location of her lips, breasts, and clio without searching. Let's not forget that how strongly females, as well as males, are conditioned against self-pleasuring. Even

if a woman overcomes these taboos to search for her own G-Spot, she might miss it without sufficient turn-on beforehand.

Remember, it's erectile, under yoni's lining, and therefore virtually undetectable without adequate stimulation. Further, the Sacred Gate gets larger and more easily erect with repeated stimulation. When you're searching initially, it's more likely to hide than come out to play right away.

No Luck With An Urgent Problem

As you've read, without proper stimulation, Sacred Gate play is often unremarkable, uncomfortable, or even painful at first.

Initial pressure on the Sacred Gate often creates what the medical world calls "urgency," the feeling that you need to pee. For obvious reasons, our name for this sensation is the *P-Signal*. We believe women get the P-Signal when their engorged urethral sponge presses on the neck of their bladder and urethra. Even when empty, this feels identical to the pressure caused by a full bladder.

The anatomy connection makes this clearer. Remember that clitoris and most of the PC muscle are fed by the pudendal nerve. The bladder, uterus, and G-Spot, as well as the inner part of the PC muscle, are serviced by the pelvic nerve. It makes sense that this deeper nerve pathway is harder to arouse sexually. But when it is, the sensations are felt deeper in the bladder and uterus. A woman untrained in the ways of Sacred Gate massage and female ejaculation most likely interprets these P-Signals incorrectly.

In a later chapter, Ecstatic States, we'll explore different kinds of orgasms from different kinds of stimulation. At this point we'll just leave you with this message: Sacred Gate Orgasms create a deeper kind of pleasure than most clitoris orgasms can ever account for.

Begone That Messy Wet Spot!

Learning to handle the P-Signal is a vital gauntlet all women need to pass through to enjoy Sacred Gate Orgasm and female ejaculation. Now that we've launched our initial campaign to relax you about your fluid emanations, let us add a really valuable tip.

No one should have to sleep in a wet spot after sex. No one should have to hold back during sex for fear of dousing the bed, rug, or furniture by ejaculating. No one should have to avoid sex because it's that time of the month. Don't you agree?

Which is why our friend Karen Fowler created Luv Liners and Luv Linens. These are super-absorbent, waterproof pads designed to keep your lovemaking space clean and dry during sex. Luv Liners are soft and disposable while Luv Linens are washable and reusable. Now you have options! And they're really inexpensive.

Karen created these big soft coverings so that people everywhere can have the luxury of enjoying the wettest sex ever without worrying about the mess. Why sleep on a towel or get up to change the sheets after a good night's lovin' if you don't have to?

Luv Linens & Luv Liners

Sure, you can buy little ugly incontinence protectors at the drug store (or chemist shop in the UK). We just really prefer the much larger, colorful, and patterned ones Karen has specially made for gushy lovers like her and us.

Luv Liners and Luv Linens provide protection and peace of mind for love's most slippery moments. They give you permission to enjoy the wettest sex ever and let your love flow without hesitation. Luv Linens are the ultimate "christening blanket" allowing you to be adventurous and enjoy sex wherever you desire.

Let's face it a bunched-up towel doesn't quite do the job does it?

Using Luv Linens gives you the freedom to take your love life to a whole new level. Imagine how free you'll feel to relax and let your love flow orgasm after orgasm after orgasm when you know your bed, sofa, tablecloth, or rug will be clean and dry no matter how much passion you enjoy.

Now, there's no need to hold back. No sheets to change, no more ruined towels, sheets. or mattresses. No more wet spots to endure. How awesome is that!

For more information and ordering, please click here...

<<http://www.tantraattahoe.com/product.htm>>.

PRACTICE: Solo Sacred Gate Discovery

Description

For reassurance, it's a good idea for a woman to empty her bladder before this kind of play. And while you're preparing, grab a couple of thick towels to lie on for that extra sense of security, just in case you ejaculate. More about that soon.

As we've said, getting your fingers inside yoni with enough pressure on your G-Spot may be awkward for extended periods of time. We suggest you try your best this way at first. But also have available a Crystal Wand, curved dildo, or vibrator able to reach around behind your pubic bone.

Purpose

To locate your Sacred Gate and begin getting in touch with how different stimulation feels.

1. PREPARATIONS

Begin by tidying up, heating your room, taking a ritual bath, putting on erotic music, and creating a Sacred Space with a namasté and leaning back against a backjack or pile of pillows with legs spread. Do this in front of a mirror if you like. Once aroused, you'll probably have to get up on your feet or knees to reach your Sacred Gate. Props you may want to collect are water, lubricant, towels, and Crystal Wand or other sex toy. Use a soft towel or absorbent pad underneath to eliminate any self-consciousness of fluids wetting the bed. Be sure your bladder is empty before you begin.

2. TOUCH

Begin by slowly touching, caressing, and arousing yourself from the perimeter and circle towards yoni. Caress outer yoni and clio with your preferred lubricant to get them both real hot. Use fantasy if you'd like. Then lick or lubricate a finger and slowly circle around yoni's opening gradually going deeper inside with an in and out stroke. Take your time and enjoy because your G-Spot may not come out to play unless you're really turned on. Be sure to relax, breathe deeply, and make sounds that express what you're feeling.

3. LOCATE

When you're aroused enough, you'll begin to feel some places on yoni's upper wall lining become rougher and more wrinkly like corduroy. You might feel the prostate harden like a bean beneath the surface somewhere between yoni's inside end and meatus near her mouth. You won't be sure which kind of prostate you have until you thoroughly massage and excite the whole extent of your urethral sponge. With a few minutes of continued stroking, your Sacred Gate will swell, get larger, and harden in the same way that a clio and vajra do.

4. SQUAT

If you find you can't reach deep enough inside or your muscles start protesting, continue on your knees or by squatting. Sometimes some experimenting is necessary to find the most comfortable position for G-Spot access.

5. PRESSURE

Gradually increase the pressure on the rough and hard spots on the upper wall with in and out strokes about once per second. Curl your finger around the pubic bone when fully inserted, making a come hither motion as you pull out.

6. DON'T STOP

As your Sacred Gate gets more engorged, you may feel P-Signals, that convince you that you have to pee. This means you're really getting there. Simply breathe and continue. If you relax into it, the sensation will pass quickly. Remember, you just emptied your bladder. If you believe it's full again, go to the toilet to make sure and then come back and resume.

7. TOY

Whenever you decide the time is right, feel free to switch to a vibrator or dildo. This is where the Crystal Wand really shines, giving you leverage to apply strong pressure around behind your pubic bone. Find out what kind of pressure you like.

8. GO FOR IT

Use Orgasmic Breathing to intensify and spread sexual energy around your body. Though it's not necessary, enjoy one or more powerful Sacred Gate Orgasms if you want. If you do, instead of stopping abruptly, be sure to cover yoni as you gradually cool down.

9. CLOSING

Close your Sacred Space by giving yourself a namasté and doing whatever works for you to give thanks for the pleasure your body brings you.

How To Find It And What To Do When You Do

We love sexual union with vajra inside yoni. But for many women, it's difficult to get good Sacred Gate stimulation from a pumping vajra. Students of the Kama Sutra know that certain unique sexual positions work best for different body type combinations as our later chapter shows.

The anatomy of the Sacred Gate is why. Providing enough pressure on yoni's upper wall around behind the pubic bone is necessary. This is nearly impossible with the all-too-popular standard missionary position.

For many women's bodies, it's easier for a partner to locate and awaken their Sacred Gate with fingers. Trained fingers most often work much better than vajras for G-Spot play.

If sex to you has been limited to the old in-an-out, here is a wonderful opportunity to drop your old beliefs and start experimenting with what works uniquely for you. Like defining sex as anything that makes your body feel good.

Which explains the intent of the next, the final practice, in this chapter.

PRACTICE: Partner Sacred Gate Discovery

Description

For a partner to find your Sacred Gate with their fingers requires that you guide them to the right place with your preferred strokes. Which is why, even if your lover knows

where and how to look for a your G-Spot, the perennial challenges of sexual communication can get in the way.

If you approach this kind of play as conscious Tantric Sex however, you'll grow through these kinds of problems. With the right attitude, guidance, and experience, you can easily teach a lover to stimulate the best place at each moment. Goddess, remember to guide your partner lovingly and often.

The following practice offers a great chance to practice. It's instructions closely mirror the solo practice above.

Don't forget, you, the Goddess, must be quite aroused before your partner can even find the Sacred Gate.

Purpose

To help your lover locate your Sacred Gate and begin learning how to pleasure it.

1. PREPARATIONS

Begin by tidying up, heating your room, taking a ritual bath, putting on erotic music, and creating a Sacred Space with a Heart Salutation. Arrange your body so you can lean back against a backjack or pile of pillows with legs spread. Props you may want to collect are water, lubricant, towels, and Crystal Wand or other sex toy. Use a soft towel or absorbent pad underneath to eliminate any self-consciousness of fluids wetting the bed. Be sure to discuss the Partnering Questions - desires, concerns, boundaries - and empty your bladder before you actually begin.

2. TOUCH

Begin by asking your lover to slowly touch, caress, and arouse your body from the perimeter and circle towards yoni. Have your partner massage outer yoni and clio with your preferred lubricant to get them both real hot. Use fantasy if you'd like. When you're ready, ask your lover to lick or lubricate a finger and slowly circle around yoni's opening gradually going deeper inside with an in and out stroke. Guide them to take their time because your G-Spot may not come out to play unless you're really turned on. Be sure to relax, breathe deeply, and make sounds that express what you're feeling.

3. LOCATE

When you're aroused enough, guide your lover to explore yoni's front wall lining, feeling for where it's rougher and more wrinkly like corduroy. They might feel the prostate harden like a bean beneath the surface somewhere between yoni's inside end and meatus near her mouth. Guide your partner to thoroughly massage and excite the area of your urethral sponge that most responded during solo play. With a few minutes of continued stroking, your Sacred Gate will swell, get larger, and harden much like clio and vajra do.

4. PRESSURE

Ask your lover to gradually increase the pressure on the rough and hard spots on the upper wall with in and out strokes about once per second. Have them curl a finger around the pubic bone when fully inserted, making a come hither motion as they pull out.

5. DON'T STOP

As your Sacred Gate gets more engorged, you may feel P-Signals, convincing you that you have to pee. This means you're really getting there. Simply breathe and continue

and the feeling will pass quickly. Remember, you just emptied your bladder. If you're convinced it's full again, go to the toilet to make sure and then come back and resume.

6. TOY

If you liked it during solo play, feel free to ask your lover to switch to using a vibrator or dildo. The Crystal Wand really shines with partner play as well, giving leverage to apply strong pressure around behind your pubic bone. If you discovered where and how you really like strong pressure, now is a good time to guide your lover to give it to you.

7. GO FOR IT

Use Orgasmic Breathing to intensify and spread sexual energy around your body. Though it's not necessary, feel free to enjoy one or more powerful Sacred Gate Orgasms if you want.

8. COOL DOWN

When you're ready to stop, be sure your partner knows to follow your lead. Do you want gradual slowing or simply holding still? Whatever you prefer, ask your lover not to abruptly break contact. Instead, have them cup and hold yoni with their palm, while the other hand is on your heart. Look in each other's eyes and breathe together.

9. CLOSING

Close your Sacred Space by talking about what happened, giving each other a Heart Salutation, and doing whatever works for the two of you to give thanks for the pleasure you've created together.

5.7 Closing Section

The anatomy of the Goddess is truly wondrous and all the elements are so artistically intertwined.

You learned about clio, yoni, both inside and outside. You practiced different ways to explore and talk about what you feel with different kinds of stimulation.

You now know the latest information available about the nature of the G-Spot, the Sacred Gate to Supreme Bliss, its idiosyncrasies and its delights. Look for much more about pleasuring the Sacred Gate in the next Sacred Gate Massage Chapter, and later ones on Ecstatic States and Female Ejaculation.

Chapter 6: Sacred Gate Massage

"Don't let another day go by without the magic touch."
----- Neil Young from Sleeps With Angels

6.1 Opening Section

Purposes

The purposes of this chapter are to...

- Understand how to be a Tantric lover.
- Practice the basic strokes of Sacred Gate massage.
- Use Sacred Gate massage for maximum pleasure.

Giving Shakti Pleasure

There are many ways to give ultimate pleasure to Shakti (a woman's) Sacred Gate. You've probably stumbled upon that perfect moment when your thrusts hit just the right spot.

Maybe you were conscious of what worked and then you tried to reproduce it. Since Shakti's arousal is changeable, what worked once might not have worked the same way the next time. All too often we can't recreate the exact circumstances for that fantastic sexual high. But we can create new ones.

In this chapter, we're going to dispel the mystery about giving a woman pleasure. Here you're going to learn the art and science of Sacred Gate massage. We're primarily talking about using your fingers, though we'll include some guidance about using sex toys for giving to a partner as well as to yourself.

By the end, you'll know all the options. We can't promise you'll never be confused or know exactly the perfect thing to do in every moment in every situation. Female stimulation is a moving target. But when you're done, you'll know everything there is to know about how to give and receive Sacred Gate pleasure, and how to react to unique circumstances.

Practices Ahead

Once you've determined the pleasure formula for a specific Goddess in a specific lovemaking session, Sacred Gate massage is essentially simple. There are just a lot of options to choose from getting to that point. So this chapter breaks down G-Spot pleasure into a series of practices of increasing complication and increasing stimulation.

You'll probably want to rush ahead to the juicier bits and push for a resounding orgasm sooner rather than later. We understand these innate urges to seek rapid rewards. We think it's a better idea to read the whole chapter before beginning intensive practice.

Playing spontaneously, full out, with wild abandon is great. We just suggest you do it later, in later practices, in a few days or weeks. If you've been making love for 1, 10, or 30 years without these techniques, what's another few weeks to gradually incorporate Sacred Gate play into your repertoire.

Remember, the Tantric way is to slowly savor each morsel of new delight and draw out the pleasure as long as you can.

When To Start Sacred Gate Play

If you've read the previous chapters on Tantric LovePlay and Sacred Landscape, you've learned that the Sacred Gate only comes out to play when sufficiently excited.

How will you know when she's aroused enough for intense G-Spot stimulation? The more aroused she is, the more her Sacred Gate becomes engorged with blood. It swells like a crest, protruding down from the concave front wall of inner yoni, making it convex.

Until you're sure, continue with loveplay. Here's a not-so-subtle warm-up reminder: whisper sweet everythings, kiss softly and deeply, caress everywhere, use Kama Sutra "embraces," and titillate yoni endlessly. Don't dive right for the Sacred Gate until you've gotten a clear signal that she's really hot.

One vital cue is yoni engorgement -- pink, wet, and swollen with blood. You can easily tell a yoni with erect tissues because her lips open of their own accord and become very red. For many women, lengthy clio play is an essential prerequisite. Some prefer touching and kissing on yoni's lips, opening, and entryway first. For some, emotional closeness, intimacy, and fantasy is enough to engorge the Sacred Gate.

Learn the pattern of arousal of the woman you aim to pleasure. Whatever her needs, be sure to dwell amply on awakening physical and energetic arousal before heading for her Sacred Gate.

6.2 Giver Role Section

The Attitude Of The Tantric Lover

Since it's a highly conscious, sacred experience, Tantric lovers approach sex in a unique way. Approaching the Sacred Gate for maximum healing and pleasure requires an attitude and commitment that respects Shakti's divine nature. It demands that a lover is fully available to meet her needs.

We like to describe this exacting but highly satisfying role with the 6 P's...

- Privilege
- Presence
- Patience
- Partner
- Pilgrim
- Permission.

Take these six guidelines to heart before you begin any yoni play. This applies to women giving to women as much as men giving to women.

You're Privileged To Be Invited Within

Entering a woman's yoni and reaching for her spirit through her Sacred Gate only works when the giver recognizes the trust being placed in them. Truly, it's an awesome **privilege** and responsibility. Approach with Feeling awe with the such intimacy is the perfect mindset.

We mean you should think of your partner or yourself as a manifestation of all that's good and wondrous about the female. Revere the grace, power, and life energy of the feminine. If you act at all times in complete service of your queen, your Shakti, your offerings will be welcomed with an unending outpouring of love, desire, and appreciation.

If you want to know more about this reverent attitude, consult the Sacred Tantric Sexuality Chapter.

Your Presence Is Your Greatest Gift

More than anything you might do during Sacred Gate play, being **present** is your most important aim.

We don't just mean physically with your hands inside her. We mean mentally here now, emotionally accessible, and spiritually conscious. Listening fully with all your senses open is

your foundation and a powerful way to say "I love you." This is what women want more than anything else. It thoroughly turns them on.

How do you show presence? Well, tuning out, daydreaming, and looking off into the distance isn't it. Interrupting her process and disappearing in the midst of a breakthrough certainly disqualifies you.

Rather, tune in so you notice what she's experiencing in every moment. Tell her "I'm here for you." Respond directly to her every comment and request. And above all, maintain eye contact when she is available. She will close her eyes at times, but needs to know you aren't checking-out.

Just letting her know you're there with her is almost enough.

Be Patient, All Good Things Comes To Those Who Wait

A big part of being here now is **patience**. Nowhere to go, nowhere to be, nothing else to do but what you're doing.

As we've explained, it's essential for both the receiver and the giver to drop any goals of a supreme experience or cosmic orgasm. The Goddess will likely experience amazing things, but pushing for them can easily block her ascending to new heights.

Just let whatever is going to happen unfold of its own accord. Let nature take its course without fighting the current. Face it, it takes as long as it takes, and there's little you can do to speed it up.

Let sweet and gentle be your watchwords. Follow the Goddess and she'll tell you when to be strong.

Support Your Partner, You're Both In This Together

Contrary to cultural sexual patterns or beliefs drummed into us about what it means to be a good lover and how a "good girl "is supposed to act in bed, good sex is a joint effort. Both need to be active **partners**. One being passive while the other "does" them isn't it.

Every time you connect, agree where you both want to go together using the three Partnering Questions (desires, concerns, boundaries). Look after yourself and let your partner know how it's going so they can support you. Communicate about what's happening in the moment. Respond to what's going on with your partner. Work together, no correct that, play together.

Remember, you're the two musketeers. All for one and one for all.

As a giver, you want to reassure and comfort your partner. Be a full-time helper during Sacred Gate experiences. When she's open to it, offer her guidance. When she thinks she knows what she wants, let her be in control. If she's struggling, assure her that she doesn't have to do it all by herself and that you're there for her.

When she's having a powerful experience, feel it yourself and enjoy it. When pleasure is your goal, not orgasm, you can only get it right and never get it wrong.

Above all, encourage her to fully receive and absorb all you're giving. In the spirit of true partnership, you know you'll get yours eventually.

Just A Pilgrim Searching For The Promised Land

Who can always accurately predict a Shakti's reactions? Not even she, most of the time.

It's best if a giver of Sacred Gate massage acts like an explorer, discovering uncharted territory. Be a **pilgrim** searching for hidden secrets with little in the way of maps. Stay in awe of the wonders you stumble upon.

You won't really know what she wants in this exact moment until it turns her on. Stay alert to her breathing, sounds, and movements. When she moves towards you and presses on your finger, she wants more. When she withdraws and pulls away, she wants less.

Be prepared for anything to happen. Your hands might be rocked violently by a bucking bronco in the throws of orgasm. You might run headlong into a hysterical outburst. You might get sprayed with female nectar. Or it may seem from the outside that nothing is happening.

You just have to accept that you don't know it all and can't predict the future. Ego is one of the primary enemies of sacred sexuality. What worked yesterday may fall flat today. What hasn't worked for months may suddenly become the key that unlocks huge recesses of Kundalini energy. What she thought was just OK previously is all she wants you to do from now on.

Always stay tuned for late breaking news and you'll do fine.

Ask Permission Before Entering The Promised Land

If the G-Spot is the gate to the sacred joys of untold pleasure, the yoni is assuredly the sacred garden. You don't enter such a temple without **permission**. A Tantric lover always shows how deeply they embrace the earlier five P's by asking before moving forward and inward.

You can be straightforward, "I'm going to put a finger inside you now, OK?" Or you can be Tantric and romantic, "May I enter your sacred garden, oh, sweet beloved, of my dreams?" Be serious or make it lighthearted, but don't forget. Above all else, asking before penetrating is the height of respect.

Whether or not you buy the flowery talk of the Goddess's divine presence within a woman's yoni, this is one guideline every man needs to take to heart. Maybe this is one of the reasons some women prefer the touch of other women. They instinctively know what they're risking when they open themselves this way.

Even if you've been in relationship a long time, ask before penetrating. It puts the Goddess in power when she most needs the security of knowing it's her call to say yes or no at any time.

If she wants to play out a fantasy sometime where you take her without asking, we think that's fine. Just recognize, she gave you permission at the beginning of your encounter. That's different than blanket permission where she gives her power away. We advise against that. If you want a Tantric partnership, encourage her to make her own decisions in every moment.

Maybe it goes without saying, but we'll say it anyway. When she asks you to depart, graciously and gently withdraw. You're inside yoni by invitation only. Respect the privilege and you're likely to be invited again soon for more divine play.

EXERCISE: 5 Tantric P's Discussion Questions

Here are some statements to complete by reflecting, journaling, or talking with your partner about...

- Describe the Tantric attitude and what you will do to make it part of your lovemaking...
- Review the 5 Tantric P's. Describe what each means to you...
 - Privilege...
 - Presence...
 - Patience...
 - Partner...
 - Pilgrim...
 - Permission...

- Evaluate yourself on each of the 6 P's.
- Describe what difficulties you've had with each...
- Describe what you plan to do about each...

6.3 Receiver Prerequisites Section

At Disneyland, you need an "E" ticket for the best rides. To ride the wave of bliss when receiving G-Spot massage, you need six "E" tickets. The six basic receiver prerequisites to delightful Sacred Gate play are...

- Relaxation
- Communication
- Arousal
- Empty Bladder
- Lube
- Drop Expectations.

Learn To Relax

Shakti, if you're too tense, your Sacred Gate may not be fully open to receiving visitors. Tension can prevent you from getting sufficiently aroused to enjoy the intense stimulation of Sacred Gate play.

If you want to become more **relaxed**, look back at the Kundalini Energy, Tantric LovePlay, and Sacred Landscape Chapters. Build your sexual muscles so they have the tone to easily relax. Spend more time practicing with Orgasmic Breathing. Do more solo exploration of your yoni inside and out. Learn to enjoy sexual pleasure through self-pleasuring as a sacred ritual.

If relaxation in sexual situations doesn't come easily to you, you might want to look into this first. Ask yourself where does this sexual stress that blocks excitement come from?

It could be a lack of intimacy and trust with your partner. It could be that you're putting pressure on yourself to perform. Perhaps you're conflicted about sex in general as a result of conscious or unconscious social judgments and moral taboos. It could be that past abuse and wounds are creating too much anxiety for you to relax. We address these issues extensively in the Yoni Healing Chapter.

In the meantime, we can only suggest you go slowly, breathe, and take heed of how the other receiver prerequisites can help you relax.

Lots Of Open Two-Way Communication

The more you talk about sex in general and Sacred Gate play in specific, the more pleasure you'll have sooner. Especially while you're learning, **communicate** about your desires, concerns, and boundaries before you begin each session.

Ask for what you want in each moment, or as much as you know in each moment. Give feedback supportively. Ask anytime you're unsure. If something is on your mind, let it go by talking about it. Otherwise the inner distraction may prevent you from relaxing into pleasure when you most want to.

When you're beginning Sacred Gate play, don't worry that speaking up may interrupt the mood. That sensitivity is more appropriate later as you get grooved in. Instead, use the childlike spirit of "Playing Doctor" to approach these practices in a fresh, innocent, new way. Drop any shyness, inhibitions, judgments you've carried about sex. Remember, it's a divine gift from God/Goddess.

As a receiver, be as responsive to loveplay as you can and use non-verbal communication to show it. The more you practice the four cornerstones of Supreme Bliss -- breath, sound,

movement, and presence -- the more you'll partner will know what's going on with you without words. You can always use the Feedback Sandwich from the Tantric LovePlay Chapter when you want something adjusted.

Be sure to compliment anything and everything that your partner does during you sexual antics. Since your lover will want to give you more of what you like, don't be careful about asking, be out there and go for it. At first, you probably won't recognize all your feelings and reactions in the moment. So it helps, after each session, to openly talk about what was best, what you'd like to be different, and things to play with next time.

Get Highly Aroused First

As you've heard many times already, many lovers -- both givers and receivers -- have been bewildered about Sacred Gate stimulation. Certainly, that's because it's not a fixed spot, it moves, and because it often hides until awakened. Even more, we think many try to push this exciting orgasmic trigger before getting **highly aroused**.

We wonder how many women have found their G-Spot but didn't like the sensations it produced because they weren't turned on enough.

Shakti, embed one clear thought in your mind as you approach Sacred Gate play, especially with a new lover: yoni must be thoroughly and deliciously engorged first. The front wall of the inner yoni won't engorge without sufficient loveplay. Until this happens, any kind of touch, especially hard and fast strokes, will probably be uncomfortable, even painful, before your Sacred Gate is fully open.

If you read the previous section about permission, you'll understand why we're telling you this. You are responsible for your own pleasure. Even if you're flat on your back with your legs up, you're in the driver's seat. If you want the zenith of sexual pleasure, you have to steer.

You've learned what your body likes, right? You know how to communicate about your preferences, right? If so, tell your partner. If not, we suggest you go back to the Communication Section of our Tantric LovePlay Chapter.

Empty Your Bladder First

Empty your **bladder** before G-Spot play. A full bladder makes it more difficult to relax. Not only is this sensation distracting, but there's that worry about letting go at the wrong time and making a mess.

Hopefully, you've read about the P-Signal, the feeling that you need to pee that occurs with Sacred Gate engorgement. If you don't know about this and are worried that your bladder isn't empty, you might keep your PC muscle clamped down tight. All by itself, this might stop your pleasure, your orgasm, and your delightful ejaculation.

Shakti, if you're confident that your bladder is empty and you understand that the P-Signal is normal, it will be easier for you to relax and let things go. Resting on a couple of soft towels and an absorbent pad can help free your mind of calamities, too. Which is why we've introduced you to Luv Liners and Luv Linens. For more information, click here...

<<http://www.tantraattahoe.com/product.htm>>.

Use Lots Of Lubrication

We must face one of the inalienable truths of Sacred Gate play: dry scratching is not any fun. Which explains our next entry reminder: get wet and stay wet.

Just like guys who tie up much of their self-image in their erections and stamina, some women connect their desirability with how much their yoni lubricates during arousal. Wouldn't it be great to always live in the fantasy of romance novels that seeing just the right bulge,

hearing just the right words, or being caressed just the right way will make your yoni flow copiously?

When we're young and horny or separated from our beloved for too long, it's often the case. But let's face reality. Age, health, physical condition, diet, and medication -- not to mention menopause -- all affect a woman's natural sexual lubrication. Fantasy is great when you really experience it. But we don't always.

So? Our response, as always, is the Tantric one -- no big deal. Our only interest is pleasure. Not giving a performance of any kind. Not living up to any mental image. Not competing with anyone.

Simply make sure you introduce lots of **lubricant**. Saliva is a great "wetifier." That's one of the reasons why, in our Tantric LovePlay Chapter, we encourage oral romping for the longest time before Sacred Gate play.

If oral play isn't your cup of tea or saliva doesn't last long enough, never fear. There are many commercial varieties of personal lubricants available. Remember only to use water-based lubricants inside yoni. Some examples are Probe, Wet Light, Astroglide, Liquid Silk, and KY Jelly or KY Liquid, but there are lots more. We don't recommend you introduce oil or petroleum based products into the delicate natural balance of the yoni's flora.

You can find them at sex shops all over the world. Try small samples to see what you prefer. Your local drug store probably stocks several kinds. Or if that's too embarrassing for you, try one of the adult sex product websites in the resources section of our website at...

<<http://www.tantraattahoe.com/resources.htm>>.

Who's in charge of making sure you're wet enough? You both are! But as a receiver, you'll probably know that you need more first. Ask for more, or keep a bottle near you and douse yourself.

Drop Expectations

Sacred Gate play is a doorway to an exalted universe of pleasure, ecstasy, and altered consciousness. Those aren't measurable, programmable qualities. If you enter any kind of loveplay with orgasm, ejaculation, or spiritual enlightenment as a goal, you can well block the flow of energy that will propel you higher.

Supreme Bliss happens in the moment. **Expectations** take you out of it, into the future.

The most common goal lovers set is orgasm. This can put performance pressure on you as well as the giver. If you're worried about whether or not you will orgasm, you can produce performance anxiety. Trying to reproduce the excitement of a previous encounter can distract you also, whether giver or receiver. All get in the way of enjoyment.

Instead, learn to enjoy pleasure right now. Learn to bask in your vibrations and those of your partner. Appreciate the pleasure coursing through you now. Accept that it may stop at any moment and that you'll be complete, whatever happens. Make what you're feeling in this moment enough. Since arousal is often a moving target, tune in to "que sera sera," whatever will be, will be. Flow spontaneously, responding to cues, signals, and intuitions.

What's the ultimate prescription for opening the Sacred Gate to supreme pleasure? Forget the past and the future. Focus on what's happening now.

EXERCISE: Receiver Prerequisites Discussion Questions

- Consider or discuss the six receiver prerequisites...
 - Relaxation...
 - Communication...
 - Arousal...

- Empty Bladder...
- Lubricants...
- Drop Expectations...
- What does each mean?
- What are your feelings, thoughts, & reactions to each?
- Do you have a problem with any that might interfere with your Sacred Gate play?
- Is there an alternative both of you can agree on?

6.4 Sacred Gate Massage Positions Section

While there are limited ways to reach your own G-Spot, there are several positions we'll share with you here that Shakti can assume during partner play. Comfort is essential for both giver and receiver. Tension in the giver's body telegraphs quickly and can close down the Goddess's energy channels. This can also happen in Shakti's own body while self-pleasuring.

The Tantric approach, as we've made clear, is not simply to get off, but to enjoy every delicacy of sensation thoroughly. That requires the learning curve of discovering what works best for your bodies. We recommend you experiment with the following positions before you get into serious Sacred Gate play. Then you'll know which to use, how to adjust them, and which to eliminate.

Once you get going on the partner G-Spot massage, we urge you to speak up immediately if you find a leg going to sleep, a back spasming, or a finger cramping. Even if you're on the verge of something great happening, welcome your partner taking responsibility for their comfort.

There are six basic positions we've used for easy access to the Sacred Gate. The first two can work well for self-pleasuring.

On Back With Legs Spread

The most likely way for you to reach your own Sacred Gate is on your back with your legs spread. Try leaning against a bed's headboard, an upside down backjack, or other comfortable prop. Though you probably can't maintain it for long, the best access often comes with your legs in the air or your knees pressed up against your chest.

Take a lesson here from the Kama Sutra. One of the reasons you see so many pillows in Kama Sutra artwork is to provide support needed for lengthy play. Prop up your back, neck, and head if needed. Put throw pillows under your knees.

One benefit of leaning against an upside-down backjack or throw pillows is you can arrange your Sacred Space in front of a mirror for self-pleasuring. If watching erotic scenes has any affect on you, watching yourself pleasure your special places can be a real boost.

This woman-on-back position also allows easy yoni access and viewing for a giver sitting between her legs. If you move up as close as possible, you don't have to lean over or stretch your arms too far in front of your body. This is great for eye contact, also.

To make this position work for both giver and receiver, you'll need to deal with your intersecting legs. The giver can put both under, both over, or one over and one under the woman's. As givers, we always lean against an upright backjack and prop pillows under knees for continuing comfort and minimum physical stress. You may be in this position for a while.

Sitting Underneath One Of Her Legs

Wrist strain is a common physical problem when we're giving G-Spot massage to a receiver on her back. While sitting between her legs and facing yoni directly, our palm-up hand often gets cocked unnaturally towards the thumb. Sometimes we turn our body at an angle to compensate. But this complicates the conflux of legs.

To adjust even more, you can move outside the woman's legs. Have her leg rest over your lap. By sitting underneath one her legs, you can adjust your hand's angle of yoni entry to be perfectly straight ahead. Again, move as close as possible to reduce long-term strain.

You see why we suggest you practice before you really get into it?

Lying By Her Side

Another variation of the woman on her back position places the giver lying or sitting by her side. As before, the receiver is free to use pillows and props for maximum comfort. The giver reaches a hand over her hips and belly to yoni. To avoid arm and hand strain that can be a problem in this position, rest the heel of the hand on her pubic bone. For many women, this pressure is arousing and may even stimulate yoni from the outside.

A great advantage of this arrangement is the closeness and intimacy it creates. It allows for kissing, eye gazing, and much easier communication without interrupting the flow of Sacred Gate stimulation.

Sitting By The Bed

This variant of lying by her side is more comfortable for some. The woman lies comfortably on the edge of the bed with whatever cushions are comfortable for her. She can lay flat or lean back against the headboard.

The giver sits in a small chair, preferably without arms, next to the bed. If the giver's arms are long enough to comfortably reach the receiver's yoni for long periods of time, this position gives maximum comfort for both giver and receiver.

Woman Upright On Knees

The woman upright on her knees works for self-pleasuring as well as with a partner. When self-pleasuring this way, she can lean forward and bend over to reach inside. She has complete freedom to sway, gyrate, and dance as the spirit -- and fingers -- move her.

This stance works well for a giver seated in front of her, with pillows or backjack for support. Because it allows such easy palm-up access, it's probably the best for Sacred Gate discovery practices.

Of course, the downside is the fatigue that may develop by balancing upright for too long.

Woman Squatting

If the receiver can comfortably squat long enough on her feet with knees bent, she provides the most open access to inner yoni. Again, the giver sits in front of her, leaning against a couch or backjack if desired. Alternately, the woman can sit on the side of the giver's lap by resting one of her butt cheeks on one of the giver's legs. This lap variation also allows easy access to her open yoni.

Woman Hands & Knees

Doggie-style lovemaking has a certain appeal to many lovers, maybe because that's how animals do it. Whatever the motivation, some prefer the woman on her hands and knees with the giver seated behind. Of course, in this position the Sacred Gate is on the bottom of the yoni so the giver's hand needs to be palm-down.

Spreading her weight on four limbs instead of two tends to be easier for a long-term pleasuring session. And this position allows the woman to move more freely than when prone.

Variations on this theme place the receiver on a pile of pillows under her torso for the same kind of rear entry. Then she doesn't need to support herself on her hands and knees. Some Goddesses are comfortable completely flat on lying on their front, but this makes most giver's palm-down reach more awkward.

PRACTICE: Experimenting With Sacred Gate Massage Positions

Purpose

Instead of thinking about what would work best and debating at length, we recommend you try all the possible positions for a while and listen to your body's comfort or strain.

1. READ

Together read over the previous section about finding the most comfortable position for Sacred Gate massage.

2. PROPS

Collect up pillows, cushions, towels, Luv Liners, and any available props like backjacks so you'll be ready for nearly anything.

3. FIRST POSITION

Help the receiver arrange herself most comfortably in the "On Back With Legs Spread" position. Then help the giver get into a comfortable supported place with one hand resting near the receiver's yoni palm-up and the other resting palm-down lightly on her belly.

4. TALK ABOUT IT

Now, spend a few minutes (5 or 10 minimum) talking about how it feels. If you want, continue discussing what you're learning about Sacred Gate massage, sexual pleasure, and Tantric energy.

5. ADJUST

If you develop some strain, adjust your body and limbs to find a more comfortable variation.

6. OTHER POSITIONS

When you've demonstrated how well the first position works for both of you, try the others one at a time. Be patient. It took Somraj and Jeffre weeks to figure out what was most comfortable and most effective.

7. FEEDBACK

When you've tried them all, talk about what worked best for both of you for vision, access, and comfort for both long and short sessions.

6.5 The Four Basic Strokes Section

The four basic strokes of Sacred Gate massage are...

- In-&-Out
- Holding
- Circling
- Come-Hither.

They all mean exactly what they say. If you don't know the term, *Come-Hither* means crooking one or more fingers back towards your palm as if you were beckoning someone to come towards you.

When we refer to the giver's fingers, we use these terms...

- First Finger, the index finger or forefinger closest to the thumb.
- Second Finger, the middle finger.
- Third Finger, the ring finger.

- Fourth Finger, the little finger or pinkie.

All of these strokes can be done with one or more fingers. Because most women like yoni to be penetrated gradually, it's often good to enter first with a smaller finger, say for example, your third or fourth finger. When she's opened up and you want to go deeper, you can switch to your first or second finger.

Two fingers at a time is popular with many experienced women. Some prefer three, four, or even a whole fist. When you use two fingers, try both the first-second and second-third combinations to see what your partner prefers and what is most comfortable for the giver. With the proper position and fortunate combination of anatomy, sometimes a thumb works well too.

After practicing each stroke later in this section with one and two fingers, you'll learn to vary these basic strokes by adjusting pressure and speed. Then we'll show you how to interrupt your rhythm by tapping, vibrating, milking, and withdrawing to create different patterns with the arousing element of surprise.

Here is a description of the four basic strokes. As you're reading, practice with one and two fingers on your other hand, simulating the entrance to a yoni. Hold the other hand palm-down and make a circle by touching the tips of your thumb and first finger together.

By going through these motions while reading about the strokes, you'll create neuronal pathways in your body so they'll stay with you and become more instinctual.

In-&-Out

The **in-&-out** stroke is where you'll start Sacred Gate massage. In-&-out is simply inserting one or more straight fingers into a wet or well-lubricated yoni. It probably needs little introduction, most resembling the familiar and sought-after repeated motion of vajra's penetration of yoni.

Remember, giver, always warm up your partner, ask permission, and lubricate your finger before any kind of insertion. At first, tease the inner lips, possibly rotating around the clock, with just one soft fingertip. Experiment with your first, second, and third fingers.

Once yoni is completely wet and sucking your finger inside from your lengthy and elaborate introductory loveplay, slowly insert one finger joint and withdraw it gently. Without a thought of rushing towards any destination, go deeper at a snail's pace to two joints for the longest time, then three as deep as you can reach.

Try slowly rotating your finger left and right as far as your arm's flexibility allows. With your palm up, feel all along yoni's front wall with your finger. Can you feel the Sacred Gate cresting? Run your finger along its middle, sides, and gutters. Can you feel the corduroy? Focus your strokes where it's most rough.

After a long slow sojourn of one-finger in-&-out, you can insert a second one, replaying the same deepening progression. Try spreading two fingers apart so they slide along each side or gutter of the arched crest of the Sacred Gate.

If Shakti can accommodate more and desires it, continue on with three and then four fingers, and even your entire fist. Fisting a hot juicy yoni is an experience you'll never forget.

While you were reading, did you try in-&-out gently on your other hand? Later on, we'll experiment with stronger pressures, faster speeds, and different cycles for some astonishing effects.

Holding

Holding means simply keeping your hand and fingers still while contacting the G-Spot area. You can hold inside the yoni with one finger, two, or more if space allows.

Holding can be done by pressing your fingertips or with the finger pads where your fingerprints are. Or you can press with the entire length of your fingers. Also, you can hold by curving your fingers behind the pubic bone, just like the come-hither stroke except you remain still against the front wall of yoni.

Because it's the gentlest maneuver, holding is a wonderful way to help a woman relax and open to the intense flow of orgasmic Kundalini energy. This is vital early in a Sacred Gate massage experience. If your partner is tense, nervous, or uncertain, be sure to hold for 10 to 30 seconds each time you enter deeper with initial in-&-out strokes. Wait for signs of relaxation or arousal before moving on.

A very comforting variation of the holding stroke is to cup yoni with your hand. This works best when the giver is in the lying-by-her-side position, resting the palm on clio and the mons. Occasionally give a gentle squeeze to reassure your partner you're with her.

Holding with stronger pressure or vibration can be extremely exciting as you'll read shortly. Holding is essential when the energy becomes almost too extreme to tolerate, for example just after an orgasm.

Did you try the holding stroke on your other hand? If not, play with it now for a moment before continuing.

Circling

Stop your in-&-out motion and move your entire finger from side to side in a crescent-shaped motion over a sensitive area like a windshield wiper motion. If you pull out slightly at one side and push in at the other, you'll be **circling**.

Try both clockwise and counter-clockwise to see if one direction feels better. You can circle with more than one finger for continuous contact on more sensitive tissues. Of course, the fuller yoni gets, the harder this becomes. Another variation is to make circles with just your fingertips or pads. Once the Sacred Gate is engorged, this is a great technique to increase stimulation.

Adding pressure and speed to circling can create some wonderful sensations. As with all these strokes, try them out on your own hand first.

Come Hither

Many women really like fingertip pressure on their swollen prostate, especially around behind the public bone. That's why so many lovers pronounce the **come-hither** stroke the best. In actuality, it's a modified in-&-out stroke. Since it needs to go deep, for most givers come-hither is easiest with the longest finger, the second.

To begin the come-hither stroke, use your second finger to slowly penetrate your partner as far as you can go with your palm facing towards the top of yoni. At the top of the "in," curl your finger around behind the pubic bone. Keep your finger curled during the "out" so it drags across the deepest part of the Sacred Gate erogenous zone. That's one come-hither.

As with the other strokes, you can add fingers to the come-hither. Just imagine what a wide spectrum of awesome sensations you can create by increasing pressure, speed, and surprise starts and stops.

How did that feel practicing on your other hand? Does it make sense why we described it earlier as crooking one or more fingers back towards your palm as if you were beckoning someone to come towards you?

EXERCISE: Strokes Discussion Questions

Journal or share the answers to the following questions with one another...

- What are the four basic strokes?

- Do you have any questions, doubts or anxieties before actually beginning the practice of Sacred Gate Massage?
- How are you feeling right now?
- Are you ready to go for it?

6.6 Practicing The Four Basic Strokes Section

Self Sacred Gate Massage

We're going to recommend the easiest way to play with the four basic strokes with your fingers.

We suggest you start with self-pleasuring since these techniques are by their very nature a bit demanding. When you're working with a partner, you have lots of other things to concentrate on at the same time. Not to mention relationship dynamics of pressure, expectations, differing agendas, and the like. Once you master your G-Spot solo, we'll provide ample opportunity to bring a partner in and teach them what you've learned about yourself.

If easily reaching inside is a challenge for you, you have several options...

- 1) Practice for short periods of time and when you begin to feel muscle tension, take a break and stretch.
- 2) Practice using sex toys. More about this shortly.
- 3) Practice with an amenable female friend.

Oh my, we must sound really off the deep end here.

Alternatives With Friends

A great way to learn about the Sacred Gate is by exploring another's. It's imperative that the receiver opens her senses and reaches out with her consciousness, staying in touch what her partner is doing while learning about her own body. But a giver learns much as well. If a woman has enjoyed intimate sexual play with another woman or is willing to experiment (all in the interests of scientific discovery, of course), doing the practices in this chapter with another woman will be a great learning.

No, we're not encouraging you to become bi-sexual or a lesbian. We just know that familiarity with the territory is essential to fully opening your sexual channels. We don't judge people for their pleasure-seeking desires and their conscious choices. We don't hang labels on people who experiment for good reason, or just on a lark for that matter.

So if you have a close girlfriend who's open minded you could consider buying her a copy of this ebook for her birthday, or your birthday, or a full moon or whatever, and ask her for help. You might be surprised at your friend's willingness to play doctor with you.

5 Tantric S's

Have you noticed that we've been reminding you about including the appropriate bits of Tantric ritual whenever you enter practice sessions? We hope so. And we hope you've been heeding these reminders. Tantric Sex is more than physical technique. It's about intimate communion and spiritual connection.

But we don't want to nag and make practice instructions longer than they need to be. So here's our proposal. In one place below we've included all the preparations we've suggested to create a Sacred Space and make yourselves ready. Fortunately, each step starts with an "S" so we call them the 5 Tantric S's.

Print this page out for handy reference. This will help you remember to do them any time you enter into Tantric LovePlay of any kind. From here on out, we'll simply start all

our instructions with the 5 Tantric S's that are...Supplies, Showering, Setting, Settling, & Stretching.

1. SUPPLIES

Before you begin, be sure to collect...

- pillows,
- props,
- water-based lubricant,
- massage oil,
- sex toys,
- condoms & other latex barriers,
- tissues,
- handiwipes,
- towels or absorbent pads under Shakti,
- drinking water,
- finger-food snacks,
- music & remote control, and
- anything else you think you might need.

A Crystal Wand is a valuable addition that allows the giver to reach deeper within yoni and apply the right pressure to the Sacred Gate. Luv Liners and Luv Linens which keep your sheets clean and dry provide the kind of peace of mind that aids in relaxation. For information and easy access to these and other valuable supplies, click here...

<<http://www.tantraattahoe.com/product.htm>>.

Keep a copy of these directions nearby to refresh your memory if needed.

2. SHOWERING

- Take a long languorous bath or shower to relax you, freshen your skin, and cleanse your body and energy.
- Clean and trim your nails. If your hands (giver) are rough, plan to wear latex gloves for any kind of penetration.
- Empty your bladders and bowels.
- Beautify yourselves, dress seductively, and adorn yourselves with loose sensuous clothing and jewelry, even if you're alone.

3. SETTING

- Schedule ample time without a tight schedule.
- Insure privacy and quiet, free from possible distractions and interruptions. Turn off the phones, and lock the door.
- Make sure the room is well heated.
- Beautify your room by decorating with art, wall-hangings, sarongs, flowers, incense, soft lighting, candles, power objects, altar, etc.
- Put on some soft, sensuous, or erotic music as you prefer.
- Arrange your bodies to be comfortable, visible, and open to loveplay. Shakti should resist on one or more towels or pads, especially if she's concerned about ejaculating.
- Create a Sacred Space as you practiced earlier.

4. STRETCHING

- Do a little stretching or any yoga postures you know that create flexibility and promote the flow of energy.
- A nice way to connect intimately with a partner at this point is to stretch out in a spooning position with the receiver on the inside. Then breathe together several times into each of the chakras.

5. SETTLING

- Use whatever spiritual practice best calms and centers you for a few moments.
- Sit quietly, meditate, gaze into each other's or your own eyes in the mirror, share affirmations of love and affection, recall times and places of pure joy, or anything else that makes you feel good.
- Ritually undress each other, whispering endearments and compliments as each part of the body is revealed.

PRACTICE: Solo Sacred Gate Strokes

Description

Instead of approaching self-exploration in a clinical detached way, we recommend you enter into the ritual space of honoring yourself, your body, and your spirit in a sensual way. You're about to discover divine secrets hidden for too long.

You've already searched for your G-Spot area. If not, do the Solo Sacred Gate Discovery Practice first from Section 5.6 or incorporate it into the following steps. If you can't make any position work this way, skip to the sex toys practice that follows.

You do realize that your only aim here is to feel pleasure, right? Orgasm isn't the goal. Total healing in one session is not the point. Expecting mind-blowing fireworks every time is not your purpose. Remember, if you feel any physical strain, emotional tension, or strong resistance, only go as far as is comfortable, take a break, and relax.

Purpose

To experiment with the four basic Sacred Gate massage strokes to discover what you prefer.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling.

Arrange yourself in front of a mirror for this solo practice if you can.

2. STIMULATING

Caress your own or your partner's whole body, long and sensuously, with oil if she wants. Begin without focusing on the most erogenous zones. As Shakti heats up, concentrate more on her breasts and other powerful external trigger spots. Don't forget to ask permission before touching yoni and clio. Be sure to use your communication skills to stay in touch and flow together. Continue stimulation until Shakti is highly aroused and wet.

3. IN & OUT & HOLD

Using one finger, begin the in-&-out stroke slowly and gently, gradually going deeper. Each time you penetrate a little further, stop and hold until you're ready to continue. If you pay careful attention, you'll know to move on when you sense you've relaxed, become more present and sensitive, or feel more strongly. As your Sacred Gate swells, explore its center, sides, gutters, and tail. Experiment with two or more fingers to see what you prefer.

4. CIRCLING

After you've reached as deeply inside your yoni as you can with in-&-out strokes and holding, begin circling. Try windshield wipers first, then circles near the opening, then more and more deeply. Experiment with small and larger circles until you can tell what's best for you.

5. COME-HITHER

Now practice the come-hither stroke. Try different finger bends, depths, and angles. Try shallow, deep, short, and long strokes. Use one, two, or more fingers. See what you prefer.

6. ENJOY

If you're getting turned on and still comfortable, continue and enjoy yourself without agenda. We urge you not to press harder and speed up yet. Simply appreciate the long slow sensual excitement you're creating. But if you want to go for it after enough subtle stimulation, wonderful. Celebrate any new highs, peaks, and orgasms you give yourself.

7. CLOSING

When you decide to end your session, slowly relax and slow your movements down. We really like the energy connection of one hand on yoni, one hand on your heart at this point. Simply feel your body, mind, emotions, and spirit. Reflect what was best, what you discovered, what you want more of, what less of. Close your Sacred Space with a bow, hug, or silent or even verbal acknowledgment to yourself.

Afterthoughts

You may want to repeat this practice again or many times. One of the beautiful advantages of Tantric practice is how repeated pleasure heals and reveals new sensations. If you find you can only feel pleasure so far in your first self-ritual, honor where you're at. Come back repeatedly to self-pleasuring and you may well discover your inhibitions and negative energies dissipating all by themselves.

Adding Sex Toys To Your Repertoire

Using sex toys is an option that helps many women learn more easily about their Sacred Gate. Yes, dildos and the like. Again, we're not trying to make your sex life totally kinky, but if it heads that way, enjoy! It's just that using a simulated vajra, a specially curved wand, or a vibrator may accelerate the awakening of this most powerful orgasmic trigger.

If you don't own an appropriate sex toy, you might be worrying about how to acquire one with minimal embarrassment. Here are some ideas...

- Maybe you have a friend who's sexually open who could advise you what to buy and where.
- If you're really close with a sexually free friend, she might loan you some of her toys. The good ones are non-absorbent so a good washing makes them safe for sharing. Some you can even boil, although we don't recommend that. We still recommend using a condom when sharing for extra protection against STDs and the peace of mind that comes from being careful.
- You could visit one of the new breed of women-friendly adult stores. There you can talk openly to experienced women about your unique and private wants. Our favorite is Good Vibrations in Northern California but we've heard of similar ones that cater to female needs in other major cities.

- Use the internet. Good Vibrations has a great website as do other well-stocked cyber stores. The good ones will have email addresses you can use and phone numbers you can call anonymously for advice.

Using Sex Toys to Find and Play with Your Sacred Gate

When you choose a dildo, you'll want one that's long enough to reach your G-Spot area. Some are designed with a bend to reach behind your pubic bone. Some are flexible and you can bend them into just the right come-hither angle. Some come with vibrators as well.

Today you can find sex toys in all colors and materials. Be sure they're washable and you give them a good scrubbing with soap before and after each use. The soft ones that simulate skin feel more natural. Just be sure you don't get one with an absorbent surface. If you do, you'll need to use a fresh condom for each use so bacteria don't seep deep into the material.

You probably don't want a Steve Young version. Jeffre named her thickest dildo after her favorite San Francisco 49er quarterback. You can hardly get your hand around him. Whoops, we mean "it." The point we're trying to make is that you may not be able to angle and aim a dildo that's too thick to reach all the nooks and crannies you want to massage inside.

Maybe the best appliance for Sacred Gate massage is the Crystal Wand. This is a strong transparent 10-inch piece of Lucite plastic in a shallow S-shape with the ends bent open. The Crystal Wand has been specifically designed to easily reach and stimulate your own or another's G-Spot. If you don't have your own yet, click here for details...<<http://www.tantraattahoe.com/product.htm>>.

Vibrator Lore

There are some things to consider about vibrators. They come in all shapes, sizes, and strengths. That begins with erect vajras, wands, and eggs. You can choose from a wide variety of small battery-powered ones to those with a small wire to a battery pack. We prefer the kind that has a handle or flared bottom so you're in no danger of losing them inside.

By the way, we don't recommend the big industrial-strength appliances with cords that plug into the wall. They produce more stimulation than you need. Those that are too strong for your particular appetite may just give too much intense sensation or numb you out just when you want to feel more. Best if you can find variable speed battery-operated ones to adjust to your personal level of sensitivity and changing desire as you get more turned on.

The choice of shape and design are totally dependent on personal preference. You may prefer a little one on clito like Jeffre does sometimes. You may want some vibration around your urethral opening, or definitely not. Pulsing on your G-Spot may be super hot for you, or do nothing.

While vibrators for internal or external sexual stimulation can help you connect with the power of your Sacred Gate, our primary concern is that you don't get dependent on mechanical stimulation. Sure, it's great sometimes to relax and let electrical energy do the work. But the ultimate pleasures result from you learning comfortably and easily to create the kind of celestial pleasure that only comes from inner Kundalini energy.

PRACTICE: Sex Toy Strokes Self-Pleasuring

Purpose

To repeat the Solo Sacred Gate Strokes Practice using and experimenting with sex toys.

Description

If you had trouble experimenting with the four basic strokes with your fingers, we strongly urge you to try them with a sex toy. Even if you succeeded manually, why not go for it? Get yourself a couple of sex toys to play with, and see what new things you can discover.

Remember, your purpose here is whatever pleasure you can experience in the moment. If you feel any physical strain, emotional tension, or strong resistance, only go as far as is comfortable, take a break, and relax.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling.

Arrange yourself in front of a mirror for this practice if you can.

A Crystal Wand is a valuable addition that allows the giver to reach deeper within yoni and apply pressure to the Sacred Gate.

2. STIMULATING

Caress your own or your partner's whole body, long and sensuously, with oil if she wants. Begin without focusing on the most erogenous zones. As Shakti heats up, concentrate more on her breasts and other powerful external trigger spots. Don't forget to ask permission before touching yoni and clio. Be sure to use your communication skills to stay in touch and flow together. Continue stimulation until Shakti is highly aroused and wet.

3. IN & OUT & HOLD

Using your chosen sex toy without vibration, begin using the in-&-out stroke slowly and gently, gradually going deeper. Every time you penetrate a little further, simply stop and hold, resting your hand on the new tissue with just a little pressure before you begin moving again. It's like a gentle introduction so there's no shock, no surprise, no assault. If you pay careful attention, you'll know to move on when you sense you've relaxed, become more present and sensitive, or feel more strongly. Don't hesitate to add more lubricant any time you feel any dryness or pulling. If you have several dildos and a Crystal Wand, experiment with them, varying speed and depth, to see what you prefer.

4. CIRCLING

After you've reached as deeply inside your yoni as you can with in-&-out strokes and holding, begin circling. Try both clockwise and counter-clockwise, first near the opening, then more and more deeply. Experiment with small, larger circles, and the windshield wiper stroke until you can tell what's best for you.

5. COME-HITHER

If your equipment allows, now practice with the come-hither stroke. This is where the Crystal Wand's curved shape excels because it gives you leverage to reach around behind your pubic bone and drag all the way out. Try different entries, depths, and angles. Try shallow, deep, short, and long strokes. If you have a bendable dildo, experiment with various bends. See what you prefer.

6. ENJOY

If you're getting turned on and still comfortable, continue and enjoy yourself without agenda. We urge you not to press harder, speed up, or include vibration just yet. Simply appreciate the long slow sensual excitement you're creating. But if you want to go for it

after enough subtle stimulation, wonderful. Celebrate any new highs, peaks, and orgasms you give yourself.

7. CLOSING

When you decide to end your session, slowly relax and slow your movements down. We really like the energy connection of one hand on yoni, one hand on your heart at this point. Simply feel your body, mind, emotions, and spirit. Reflect what was best, what you discovered, what you want more of, what less of. Close with a bow, hug, or silent or even verbal acknowledgment to yourself.

Afterthoughts

We'll repeat what we pointed out before because it's so vital. You may want to repeat this practice several times. One of the beautiful advantages of Tantric practice is how repeated pleasure heals. If you find you can only feel pleasure so far in your first self-ritual, honor where you're at. Come back repeatedly to self-pleasuring and you'll may well discover your inhibitions and negative energies are dissipating all by themselves.

Partner Sacred Gate Massage

Now is the time for a partner to practice the four basic Sacred Gate massage strokes. If the receiver relaxes and opens her senses as much as possible, great learning will probably occur for both of you. To help you achieve this we offer some reminders for both of you...

Giver Reminders

Givers, do whatever you can to make your partner feel safe. Build intimacy and trust through a laid-back supportive attitude, going slowly, and maintaining lots of eye contact.

Givers, be aware that women will know how good something feels but they probably won't know what strokes you're doing inside their yoni. Explain what you're about to do and what you're doing in each moment. Then you'll help your Shakti learn about her own turn-ons. If you're not sure how something feels, ask yes or no questions. Adjust based on her guidance. Tantra is all about raising consciousness. Here's your chance to assist that personal process.

Pay special attention to the cleanliness of your hands at all times. Trim your fingernails short and make sure they're smooth. If your hands are rough and callused, use absorbent hand cream or even latex gloves. Be sure to get the ones without talcum powder so that yoni stays free of irritants. You can also get latex finger cots, like the fingers of a glove, to cover sores or calluses.

Especially with latex, remember to use copious amounts of natural or bottle-born lubricant.

And you won't forget to ask permission before inserting anything in yoni, right? Alerting her when you intend to change strokes is a part of this.

Reminders For the Woman Receiving

Stay alert, open your senses, and communicate. Let your partner know what you're feeling, good, bad, or indifferent, and what you want. If you're not sure, experiment. You can't get it wrong.

You'll see lots of references to deciding what you like best. But it's fine if you like everything. As you practice more and more, you'll become more aware of what's happening inside, what feels which way, and what occurs to you would feel good in the moment.

If you're not sure about something, say so and, if you're willing, agree to experiment. Use the Feedback Sandwich ("I like what's happening now, let's try this, ooooh that's great!") if you want something changed. Be sure to use much more positive feedback and expressions of turn-on than corrections. You don't want your giver to get discouraged, right?

Reminders For Both

We urge you to both read the preamble and step-by-step directions before you start any practice in this ebook. It's a great idea to go over the steps together too.

Remember, there's no other goal than pleasure. Your purpose here is to create good feelings as you experience the moment. If either of you experience any physical strain, adjust your position until you're comfortable. Cramped muscles for either giver or receiver can block the energy flow you're trying to create.

If the receiver runs into any emotional tension or strong resistance, only go as far as you can without having to push. Instead, take a break, and relax. Discomfort may signal the need for more repeated Yoni Healing practices. Or it just may be that you, the receiver, prefers baby steps while awakening new territory.

PRACTICE: Partner Sacred Gate Strokes

Purpose

To share what you learned about using basic Sacred Gate massage strokes with your partner so they can learn to give you what you like.

Description

If two women do this practice together, you'll have the chance to learn as both giver and receiver.

After your first practice, take a short break, talk about what you experienced, and start afresh. Don't expect the same things to happen after you switch roles.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling.
Open your Sacred Space with a Heart Salutation.

For us long-term Tantric lovers, discussing the Partnering Questions are always a given before beginning any practice, whether you've done it before or not. Always discuss desires, concerns, and boundaries in the moment before beginning.

Continue stimulation until she's wet and highly aroused. Remember, without sufficient turn-on, her Sacred Gate may remain quiet and submerged. If it's not engaged enough, the giver may not be able to feel it.

2. STIMULATING

Caress your own or your partner's whole body, long and sensuously, with oil if she wants. Begin without focusing on the most erogenous zones. As Shakti heats up, concentrate more on her breasts and other powerful external trigger spots. Don't forget to ask permission before touching yoni and clitoris. Be sure to use your communication skills to stay in touch and flow together. Continue stimulation until Shakti is highly aroused and wet.

3. BEGIN IN-&-OUT & HOLDING

After asking permission to enter yoni, dear giver, use one finger to begin the in-&-out stroke slowly and gently, gradually going deeper. Each time you penetrate a little further, stop and hold until she's ready for you to continue. This is a great method of energetically connecting with the often untouched recesses of her Goddess cave. Check in verbally as often as needed to stay in sync. If you pay careful attention, even without words you'll know when to move on by sensing her relaxation, heightened sensitivity, or increased arousal. After asking, experiment with two or more fingers to see what she

likes the best. And remember to add more of her chosen lubricant when there's any hint of friction or dryness or if she requests it.

4. CIRCLING

After you've reached as deeply inside yoni as you can with in-&-out strokes and holding, begin circling. Try both clockwise and counter-clockwise, first near the opening, then more and more deeply. Experiment with small, larger circles, and the windshield wiper stroke until you can tell what she prefers, if anything. Verbalize to her what you are doing. She'll want to know.

5. COME-HITHER

Now practice with the come-hither stroke. Try different finger bends, depths, and angles. Try shallow, deep, short, and long strokes. Use one, two, or more fingers. Ask her to tell you which area or stroke is most intense. Again, always let her know what you are doing.

6. ENJOY

If she's getting turned on and is still comfortable, continue pleasuring her without agenda. Gauge giving more or less stimulation based on her moving towards or away from you. We urge you not to press harder and speed up yet. Simply appreciate the long slow sensual excitement you're creating. But if you want to go for it after enough subtle stimulation, wonderful. Celebrate any new highs, peaks, and orgasms you create together.

7. COOL DOWN

When she decides to end your session, slow your movements down gradually. Connect her inner flute with one hand on yoni, one hand on her heart. Just let her feel her body, mind, emotions, and spirit.

8. CLOSING

Talk about what was best, what was discovered, what she wants more of, what less. Close your Sacred Space, and then end with a Heart Salutation, bow, hug, kiss, or verbal acknowledgment.

6.7 Variations On The Theme Section

Make Love Like An Artist, Not An Accountant

The four strokes -- in-&-out, holding, circling, and come-hither -- are the basis for everything we know that yonis like. Except of course for vajra stroking which we'll get to later. With the nearly endless variations on these basic themes, it can seem a bit overwhelming to lovers new to the joys of Sacred Gate play.

Think of it this way. You're a painter who wants to capture the feminine form on canvas. The variables you can employ for your creation are style, lighting, size, proportion, and color, just to name a few. But you know the basic tools of your craft, the primary colors, the way light plays on the hip and breast, the artistic modes to choose from. With so many potential combinations in your mind, you can never decide analytically. So you choose to go with the flow and let the creative process sweep you along intuitively.

In much the same way, now both giver and receiver are going to focus on the different variations you can use with the basic strokes:

1. pressure,
2. speed,

3. pattern.

Although she may have specific requests, let the Goddess's turn-on be your guide. That's partly why it's so vital for the receiver to employ the four cornerstones of Supreme Bliss -- breath, sound, movement, and presence. Then the receiver has ample cues to gauge the response to what's being done in each moment.

Increasing Pressure & Speed Description

Remember from the Sacred Landscape Chapter that yoni's deeper insides respond more to pressure than friction? That's why now we'll start with increasing pressure with the four basic strokes. Slowly try a little more pressure with each stroke. Let the receiver guide how much pressure she enjoys at each level of arousal.

What's painful when she's just warming up can often feel quite light when she's raring to go for it.

Many women find extremely strong pressure highly pleasurable when they're super turned-on. Just think of how much force a big man with a strongly thrusting vajra exerts. Some women have been known to get off on that kind of thing, haven't they?

Next, we'll play with increasing the speed of your basic strokes. As with pressure, ramp up gradually. Though there's a place for sudden shocks and surprises during lovemaking, which we'll get to soon, you need to get to a consensual place together first. So speed up slowly, gauging your partner's reaction.

The fantasy of romantic novels suggests that good sex is losing control and being swept away. When first coupling, when long separated, when really needing a blow out -- sure, there are times to go fast. But exploding all your sexual energy at once works against the Tantric avenue to higher states of ecstasy. Generating, conserving, recycling, exchanging energy, that's the prescription for long life-altering sacred lovemaking.

Teasing, Tantalizing, Or Going For It

Instead of always pushing to give our partner maximum excitement in every moment, we use lots of variety to expand and extend our energy. We rise to peak after higher peak, stopping with each rise to deeply feel the vibrations coursing through our bodies.

It's not so much teasing as it is savoring. Like sipping a fine wine versus gulping Gatorade after an intense workout. When we want to go for it, our primary groundrule for lovemaking is to find something that's highly arousing and don't change a thing -- not stroke, not pressure, not speed. So an essential Tantric lover skill is to keep doing what you're doing when you get strong positive feedback.

As a giver, you want to please. So it's only natural that you want to go faster and harder when you see and hear how great what you're doing is making her feel. But then you've changed what was working. We think too many women have trouble orgasming because their well meaning partners push for it just when they find the trigger. Instead of coming, their partner numbs out. By going too fast and hard for what a woman wants at that moment, she may get numb, sore, or turned-off.

So givers, your basic guideline during the coming practices is: notice what your partner is loving and keep doing it the same way until she asks for a change. You can always ask her if she wants a change.

PRACTICE: Increasing Pressure & Speed

Purpose

Here's your opportunity to play with increasing the pressure and speed of the four basic strokes.

Description

This practice assumes you will do these steps with a partner. If you don't have one handy or prefer experimenting solo, by all means try this out yourself first.

We'll also expect that you know to add more of your chosen lubricant when there's any hint of friction or dryness without further reminders from us. If at any time while you're increasing speed and pressure, she experiences burning, painful, or numb areas, make a mental note and back off.

Our aim here is pleasure from Sacred Gate massage. But this may mean you need one or more sessions of sexual healing as described in the Yoni Healing Chapter before you can complete this practice with complete satisfaction.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions -- desires, concerns, boundaries -- in the moment before beginning.

Continue stimulation until she's wet and highly aroused.

2. STIMULATING

Caress your own or your partner's whole body, long and sensuously, with oil if she wants. Begin without focusing on the most erogenous zones. As Shakti heats up, concentrate more on her breasts and other powerful external trigger spots. Don't forget to ask permission before touching yoni and clio. Be sure to use your communication skills to stay in touch and flow together. Continue stimulation until Shakti is highly aroused and wet.

3. USE ALL 4 BASIC STROKES

Begin as you did in the previous practice with the four basic strokes. After asking permission to enter yoni, use the one finger in-&-out stroke slowly and gently, gradually going deeper. Each time you penetrate a little further, stop and hold until she's ready for you to continue. Warn her as you transition to circling her Sacred Gate first and then using come-hither at the same slow speed and gentle pressure.

4. INCREASE PRESSURE

When you feel her Sacred Gate swell more, cycle through the four basic strokes again but this time with a little more upward pressure. Explain before you change strokes each time, and be sure to check in verbally as often as needed so you stay in sync. You can experiment with two or more fingers to see what she likes best with harder pressure.

5. INCREASE SPEED

Return to a gentler pressure with one finger and cycle through the four basic strokes again but this time a little faster. Explain before you change strokes each time, and be sure to check in verbally as often as needed so you stay in sync. You can experiment with two or more fingers to see what she likes best with a faster cadence.

6. INCREASE BOTH PRESSURE & SPEED

Now that you've played with all the basics, use your creativity to experiment using increased pressure and speed with the basic strokes. With warning, try different

combinations using one, two, or more fingers. Watch carefully to see what she likes and what she doesn't. Keep your communication channel open and flowing completely. Though a lot of talking may distract from her pleasure, remember that you're still exploring. Soon you'll have the tools to be synchronized and go for maximum turn-on.

7. COOL DOWN

When she decides to end your session, slow your movements down gradually. Connect her inner flute with one hand on yoni, one hand on her heart. Just let her feel her body, mind, emotions, and spirit.

8. FEEDBACK

Discuss how the practice went for both of you. What did you both learn? What worked best? What did you learn to look out for? Did you find any sensitive areas that need healing before she can be thoroughly open? What does she really really want more of? What suggestions does the Goddess have for the giver?

9. CLOSING

Close your Sacred Space, and then end with a Heart Salutation, bow, hug, kiss, or verbal acknowledgment.

Additional Variables

Besides adjusting pressure and speed, there are many more ways to vary the basic G-Spot massage strokes. Variables in Sacred Gate massage include different ways to start, change, and end the pattern of stroking you're using. We call them stopping, vibrating, tapping, milking, and withdrawing.

Stopping

Stopping simply means to cease whatever motion you're doing and hold. It's not pulling out, it's simply halting your motions and holding steady in one place.

For example, you're sliding in-&-out with a fair pace and pressure when she suddenly starts shaking all over. Don't be alarmed, she's just having an energy orgasm. If you stop once she's absorbed in her peak, she'll simply focus on her inner sensations. You don't want to distract her from running the energy all over her body so she can learn to full-body orgasm.

Stopping is helpful if you sense you've sped up too quickly, see her grimacing from strong pressure, or feel her numbing out from too much, too fast. It helps her ground, absorb, and spread the energy that she's created, increasing her capacity to feel pleasure.

Vibrating

Vibrating is moving your hand or fingers a very short distance extremely fast while staying connected with one wall of yoni. It's an exciting stimulus for any erogenous zone because it simulates the quivering in the nervous system that occurs during and after orgasm.

You can vibrate up and down by putting and interrupting pressure on the G-Spot. You can vibrate side to side over the rough tissue. You can vibrate just one finger slightly, or move your whole hand and arm to vibrate the entire yoni. And you can use two or more fingers to spread the shaking sensation more widely. There are lots of variations of speed and pressure you can use for vibrating. Try them all and see what lights her fuse at different times.

After some intense excitement, stopping, holding, and gently vibrating the Sacred Gate is a great change of pace.

Tapping

Tapping means lifting up off the Sacred Gate and rapidly coming back down on the tissue again with some force. Tapping is most often done with fingertips but can also be done with the flat of the fingers. Though there's a whole spectrum of speeds and pressures for tapping, doing it intensely is remarkable.

Milking

You can "milk" engorged tissue with rhythmic deep pressure. Hold your fingers in a come-hither position curled around the Sacred Gate behind the pubic bone. Squeeze upwards tightly as if you're trying to make a fist with your fingers. Then release and relax. This is even more intense when your palm is curled up over her clitoris and mons. As with other strokes, vary speed and pressure for different sensations.

Withdrawing

The final version of interrupting your strokes is withdrawing your fingers suddenly. The contrast of intense stroking followed by emptiness is very exciting for some women. Don't completely disconnect when you withdraw. Keeping one hand covering yoni is a comforting way to stay plugged in energetically.

Pulling out at the onset of orgasm often precipitates female ejaculation. We believe this is because withdrawal relieves the pressure from the channel where the fluid erupts, while at the same time simulating the push-out of the vaginal muscles that accompany gushing.

PRACTICE: Practice Varying Your Strokes

Purpose

To give you a chance to experiment with all the possible variations of the four basic Sacred Gate massage strokes.

Description

Do we have to keep reminding you to ask permission, alert her to changes, and check in if you're not sure how you're doing? We hope not. We'll trust you on this one from now on. Since she's reading these directions along with you before you start, what you're planning to do won't be a surprise.

But to add in the element of surprise, explain to her that there's two actions that work much better without warning: stopping and withdrawing. If it's OK with her before you start to throw these in unexpectedly, you've got all the permission you need.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions -- desires, concerns, boundaries.

Continue stimulation until she's wet and highly aroused.

2. STIMULATING

Caress your own or your partner's whole body, long and sensuously, with oil if she wants. Begin without focusing on the most erogenous zones. As Shakti heats up, concentrate more on her breasts and other powerful external trigger spots. Don't forget to ask permission before touching yoni and clitoris. Be sure to use your communication skills to stay in touch and flow together. Continue stimulation until Shakti is highly aroused and wet.

3. VARY THE 4 BASIC STROKES

Begin as you did in the previous practice with the four basic strokes. Use in-&-out, holding, circling, and come-hither with one or more fingers at different speeds and pressures. Include everything you've practiced so far according to your developing judgment and your partner's responses.

4. PRACTICE STOPPING

When you sense she needs to take a breath or bask in a peak of sensation, stop all motion without warning her. With her OK, after a brief pause resume what you were doing before the hiatus.

5. PRACTICE VIBRATING

Experiment vibrating one finger, two fingers, and your whole hand with different frequencies and momentum.

6. PRACTICE TAPPING

Try tapping in different places with one fingertip gently at first. Add more pressure and more surfaces while getting feedback about what turns her on and off.

7. PRACTICE MILKING

At a point of peak excitement, grab her Sacred Gate and milk it. Watch for her reaction and respond to her guidance about how fast, hard, and deep it feels good. If she's really excited when you hit the perfect combination, don't be surprised if her waters flow.

8. PRACTICE WITHDRAWING

If you sense internal contractions or an impending wave of energy, draw your hand out suddenly. After experimenting in response to different signals you should get an idea about what pattern works best for her, if any.

9. FEEDBACK

During your standard cool down steps, discuss how the practice went for both of you. So what did you both learn? What worked best? What did you learn to look out for? Did you find any sensitive areas that need healing before she can be thoroughly open? What does she really really want more of?

10. CLOSING

Close your Sacred Space, and then end with a Heart Salutation, bow, hug, kiss, or verbal acknowledgment.

Ramping Up Scenario

Up to now you've both been learning the notes, scales, and chords of this new form of music. We certainly hope you resonate with it as much as we do. Now that your apprenticeship is over, it's time to create beautiful music together with this new instrument you've mastered, the female G-Spot.

Whereas before your primary intent was to learn the strokes and variations, now you're going to use them for maximum pleasure. Remember, in Tantra, orgasm isn't our goal. If you've had one or more already, wonderful. If not, don't sweat it.

Seek to use your newfound skill and awareness to create as much pleasure as you can for as long as you can. During this new stage of Sacred Gate play, you may or may not come in the classic sense. Orgasm still isn't your goal. Pleasure and ecstasy is. But if orgasm sweeps you away on this climb of its own accord, enjoy it. Just keep going. If you find yourself coming multiple times, so much the better.

Just keep your consciousness focused on the whole rainbow, not any specific pot of gold. By using Sacred Gate massage to generate vast amounts of orgasmic energy, you'll discover new states. And undoubtedly experience profound healing along the way.

Climbing The Orgasmic Ladder

Many women move up the orgasmic ladder in stages. They build some excitement, and then relax and enjoy it before going higher. Givers, you can tell when your partner wants to level off. Her motions, moans, and breath will slow down. She may even pull away from your finger.

If you sense this leveling, lighten your pressure and slow your strokes. Wait until she demonstrates that she wants more by heating up again or asking for it. This climbing/leveling pattern may repeat multiple times. Just stay alert, hang on, and enjoy the ride.

Should you as a giver intentionally tease your partner? Well, it might look that way to the outside observer. But what's really going on is helping your lover create and flow Kundalini energy without an agenda. For example, as strong inner convulsions begin to sweep through her, you recognize this and don't change a thing until she needs to relax into the powerful forces inside her.

To assist her ramping up higher and higher, we suggest the giver takes on the role of ecstasy coach, reminding her as needed about breathing slowly, relaxing while aroused, moving erotically, and staying focused. Strong attention to the four cornerstones of Supreme Bliss -- breath, sound, movement, and presence -- will help her peak, plateau, and hover on the verge so she'll reach higher and higher levels of ecstasy.

By the way, givers, we suggest you also use the four cornerstones yourself. Not only will it turn your partner on if you breathe and sound with her, but you'll find you have much greater sensitivity to her energy. It's a wonderful win-win if you feel the powerful orgasmic forces you're helping create in your partner simultaneously surge through your body.

Chill Out, It Takes Time To Shift Lifelong Patterns

The final Sacred Gate massage practices employ all the strokes and variations you've practiced so far. Your intent is to repeat them over and over and ultimately make them an integral part of your lovemaking. The more you practice, the better you'll get. The more you talk with your lover about things and learn from each encounter, the more pleasure you'll have. The more open and flexible you are, the more sexual power and healing you'll experience.

As your Sacred Gate play becomes more freeform, it becomes increasingly vital to use the Partnering Questions before each encounter. Use what you learn during each session as a springboard for exploring new dimensions next time. Thorough feedback after cooling down each time is essential.

Then before the next encounter, you can discuss new and continuing desires, concerns from the previous sessions, and any boundaries you want to set, at least for the start. Remember, establishing desires works best when you reach for general intentions like "I want to be able to relax more and absorb more sensation," not setting specific goals like "I want to have the biggest orgasm ever within 15 minutes." Otherwise you get hung up focusing on expectations for the future instead of fully experiencing the moment.

You're attempting to shift lifelong sexual momentum so don't push for instant gratification. Celebrate progress with each little baby step.

Also, explorers sometimes find themselves taking wrong turns, heading up blind canyons, and having to backtrack. Here's a good place to take the new age maxim to heart: enjoy every step of the journey. The destination is always a varied landscape.

If the woman becomes uncomfortable, sore, or distracted, accept it. Ease off what you're doing, decreasing speed, pressure, or intensity of your stimulation. If needed, switch to other forms of loveplay such as sensual massage, oral play with clitoris, or maithuna. Come back to the Sacred Gate later when she's interested.

Two Versions Of The Practice

Two versions of the Maximum Pleasure practice follow. One is designed to help the giver develop heightened sensitivity to their partner's subtle energies and non-verbal signals. We call it the intuition guided practice.

It's a major challenge for many lovers, men as well as women, to find out what they like. They simply don't know what turns them on, how to go about discovering it, or how to describe it once they figure it out. To ask for maximum pleasure in the moment can really stretch even those of us who think we know ourselves well.

So during the second version, the receiver leads. The aim here is for her to guide the proceedings towards what turns her on when. This is a fantastic growth step for women who are used to being passive and subservient. If they exercise the power to lead the entire sexual encounter, they embrace a whole new energy stance and mindset.

This receiver-leading version is a chance to truly live the Tantric maxim that we are each totally responsible for our own pleasure. If the giver hasn't yet developed a great love of following and being in service to the Goddess, this version is a wonderful opportunity to learn ultimate surrender.

Which version should you start with and concentrate on? Though we've listed the intuition one first, we really can't say. If you're not sure where to start, begin by alternating and decide which is better for you at this point. Each time, be sure you're especially explicit about which version of the practice you're doing.

You're not just learning techniques you are changing your sexual experience with every breath, every time.

PRACTICE: Following Intuition To Maximum Pleasure

Purpose

To reach maximum pleasure through Sacred Gate massage while the giver develops and follows their own intuition.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions -- desires, concerns, boundaries. Be especially clear about what direction you want this experience to move in. Check out what changes the receiver wants you to ask permission before doing.

2. STIMULATING

Caress your own or your partner's whole body, long and sensuously, with oil if she wants. Begin without focusing on the most erogenous zones. As Shakti heats up, concentrate more on her breasts and other powerful external trigger spots. Don't forget to ask permission before touching yoni and clitoris. Be sure to use your communication skills to stay in touch and flow together. Continue stimulation until Shakti is highly aroused and wet.

3. USE THE 4 BASIC STROKES & VARIATIONS

Giver, according to the likes and dislikes of the receiver, employ in-&-out, holding, circling, and come-hither along with a variety of pressures, speeds, and fingers.

4. RISE TO HIGHER LEVELS OF PLEASURE

As your partner heats up and her Sacred Gate swells, giver, use the complete spectrum of moves you've learned to guide her to higher and higher plateaus of pleasure using pressure, speed, and interruptions.

5. LISTEN TO YOUR OWN INTUITION

Giver, reach out with your senses to finely hone your intuition. Listen to your own inner signals about what she's feeling, what she wants, and what would feel best now. At first, check them out with her. As the messages inside become clearer, you can begin to flow spontaneously without much thought.

6. RESPOND TO HER SIGNALS

Giver, stay carefully tuned in to her breathe, sounds, and movement. Breathe, move, and make sounds in rhythm with her to feel her energy in your body. If she forgets any of the four cornerstones, gently remind her by saying things like "Breathe, breathe" or "Relax and dance with me." If she asks for something, certainly comply.

7. DON'T CHANGE WHAT'S WORKING

Once she's reached a high level of arousal, giver, pay careful attention to not changing what's working. If she wants something different, she'll ask or calm down. If that doesn't happen, when she's responding strongly to a stroke, move, or pattern, keep it going. Avoid the natural tendency to speed up with more pressure to make her come. More is not always better.

8. IF SHE ORGASMS

If she comes of her own accord, enjoy it. As she begins to calm down, hold still. She'll be extremely sensitive for a few moments afterward. If she wants to continue, mirror her movement when she starts moving. Or you can ask "would you like more?" and proceed accordingly.

9. CLOSING

Along with the sweet routine of maintaining physical contact, curling up together, and breathing in unison until your metabolisms return to normal, be sure to fully discuss both of your experiences. Make sure you decide what you want to do more of, less of, and practice next time.

Close your Sacred Space, and then end with a Heart Salutation, bow, hug, kiss, or verbal acknowledgment.

PRACTICE: Receiver Leads To Maximum Pleasure

Description

These directions are very similar to the previous practice with one major adjustment. Givers, don't do anything at all unless you're asked. If she asks for something, immediately comply. If you're uncertain, ask yes/no questions to decide what to do if anything.

Contrary to earlier practice, these *directions are written to the receiver*.

Purpose

To guide your lover to help you reach maximum pleasure through Sacred Gate massage.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, Settling, & Stimulating.

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions -- desires, concerns, boundaries. Be especially clear about the direction you want this experience to move in. Tell your partner not to act without your specific instructions.

2. USE THE 4 BASIC STROKES & VARIATIONS

Guide your partner to employ in-&-out, holding, circling, and come-hither along with a variety of pressures, speeds, and fingers.

3. RISE TO HIGHER LEVELS OF PLEASURE

Using the entire range of moves you've discovered you enjoy, ask for different strokes, fingers, pressures, speeds, and interruptions according to what feels best in each moment to rise to higher and higher plateaus of pleasure.

4. COMMUNICATE

Communicate as much as your state of arousal allows. Use one-word sentences, sounds, and movements to guide your giver. If you get to the place where words distract you, you can give your partner permission to follow your breath, sounds, and movements. Just be sure you don't abdicate control with a blanket "do whatever you want." Instead, give a focus or direction to your partner with statements like "Follow me deeper and deeper" or "Speed up as I speed up."

5. BE RESPONSIVE & GIVE AMPLE SIGNALS

Use the four cornerstones of breath, sound, movement, and mental focus to continuously expand your pleasure and give ample cues to your giver. If you want, ask your coach to breathe, move, and make sounds in rhythm with you to feel YOUR energy in THEIR body. Let them know if you want gentle reminders if you forget any of the four cornerstones.

6. FOLLOW YOUR OWN INTUITION

Be open to whatever happens and let it be. Listen to your own inner signals about what you're feeling, what you want, and what would feel best now. Play, test, and experiment with whatever occurs to you to your heart's (and body's) content. As the messages inside become clearer, you will begin to guide and flow spontaneously without much thought.

7. DON'T CHANGE WHAT'S WORKING

Once you've reached a high level of arousal, pay careful attention to not changing what's working. When something is really turning you on, see how much sensation you can absorb and appreciate. Remind your partner and yourself to avoid the natural tendency to speed up with more pressure when something produces a really strong reaction.

8. IF YOU ORGASM

If you orgasm, enjoy it. Though a higher level of pleasure is your aim here, you can't get it wrong whether you do or not. If you do orgasm, hold still at least for a moment after you go over the top to judge if you want to continue. You'll probably be extremely

sensitive for a few moments, but continued stimulation may be something new you want to experience. If you do, go for it!

9. CLOSING

Along with the sweet routine of maintaining physical contact, curling up together, and breathing in unison until your metabolisms return to normal, be sure to fully discuss both of your experiences. Make sure you decide what you want to do more of, less of, and practice next time.

Close your Sacred Space, and then end with a Heart Salutation, bow, hug, kiss, or verbal acknowledgment.

6.8 Closing Section

We learned that pleasurable Sacred Gate Massage is dependent on some prerequisites for both the Goddess who's receiving and the giver.

The Goddess needs...

- Relaxation
- Communication
- Arousal
- Empty Bladder
- Lube
- Drop Expectations.

The giver needs...

- Privilege
- Presence
- Patience
- Partner support
- Pilgrim
- Permission

You learned about the positions for receiving Sacred Gate massage...

- On back with legs spread*
- Sitting underneath one of her legs
- Lying beside her
- Sitting by the bed
- Shakti upright on her knees
- Squatting*
- Shakti on hands and knees

*These are generally best for self-pleasuring.

You learned the importance of using fingers for G-Spot play. It's definitely the place to start as you gain confidence in both of your abilities to find the Sacred Gate and gain great pleasure from it.

In addition you had a chance to practice the 4 strokes...

- In-&-out
- Holding
- Circling
- Come Hither.

We hope you have talked extensively about the ways the Goddess prefers these strokes. And perhaps you have enjoyed the experimentation with a sex toy to aid in both self-pleasuring by the Goddess as well as exploring the Sacred Gate with a partner.

As you, the giver, increase your skills, you may be finding that you are feeling more of an artist with your beloved partner as the canvas. We encourage that you branch out into multiple variations such as the speed and pressure, as well as stopping, vibrating, tapping, milking and withdrawing.

We sincerely want you to sense the never-ending variety of sacred sexuality and Sacred Gate play. As you integrate the attitudes of "pleasure in the moment" and "self-love as a reflection of the divine," we guarantee you'll never have a boring moment of sex play, ever again.

And finally, the first of the advanced practices tests the giver's intuition and ability to flow with Shakti's energy and signals. The second focuses on the ability of Shakti to verbalize her wants and needs, explicitly and convincingly. Both of these practices may challenge your old way of knowing about sex. We hope so.

Tantra is a journey. There is no destination. The only goal is pleasure expressed, orgasmic energy and ecstasy. You are a child of the Divine. Enjoy all of who you are and all that you feel. Celebrate.

Chapter 7: Yoni Healing

"Our sexuality is not only something that can be used for the enhancement of an intimate relationship, for physical pleasure or for procreation. It can also be used for personal transformation, physical and emotional healing, self-realization and spiritual growth, and as a way to learn about all of life and death. That is the intention of this massage." ----- Annie Sprinkle, porn star turned sex educator

7.1 Opening Section

Purposes

The purposes of this chapter are to...

- Understand how Tantric healing works.
- Choose parts of your sexuality that need to be cleansed and renewed.
- Experience at least one yoni healing massage.
- Decide how repeated yoni healing can help.

Why A Chapter On Yoni Healing?

Sex is natural. Sex is healthy. Your mind, body, and soul can link up to create untold sexual ecstasy and Supreme Bliss.

Yet, few of us live an ecstatic life. Which is partly why we so strongly advocate sacred sexuality. The practice of Tantric sex by itself serves as a gradual healing, cleansing, and freeing force. The more you make love sacredly, the closer you can reach your innate blissful nature.

As you've read, focusing on pleasure is the Tantric way of living. Once you accept this path and practice routinely, your life and love will be transformed. But this can be a long slow process for those who carry sexual baggage everywhere they go.

Yoni healing, the target of this chapter, is for those women whose sexuality is blocked. If you or your partner isn't interested, reacts negatively, doesn't feel much, can't orgasm easily, or runs into difficulty while reaching for Sacred Gate pleasure, this chapter is for you.

Your Tantric Nature

Tantra believes that your essential make-up is love and that your true nature is blissful. Inside each of you is a spontaneous, joyous, playful, childlike spirit who wants to be free to savor everything and love everyone.

Your body is the vehicle of your soul, sexual pleasure a divine gift, and ecstasy your birthright. Nature's way is to live with the ebb and flow of breathing in and out, imbibing and eliminating, sleeping and waking, exercising and resting.

Sexuality is another one of those innate tides. And we're not trying to make another in and out joke. We all naturally build up sexual energy, and it's healthy to regularly exercise and release it. How wonderful that something that's so good for you is also great fun.

Somewhere along the way, most of us lost that easygoing balance with sex like we have with breathing, eating, and moving. We believe that this lack of sexual wholeness contributes to the difficulties of enjoying Sacred Gate play, Tantric Orgasm, and female ejaculation.

What Went Wrong

"When these three things are attained – body purified of repressions, senses freed from dullness, mind liberated from obsessive thinking – a vision arises in you free from all illusion. That is the Tantra Vision."

----OSHO

How did we lose our basic nature of playfulness and sexual ecstasy?

Unfortunately, modern Western upbringing doesn't teach us the Tantric values of loving ourselves and enjoying life.

Instead, we're made to feel and live unnaturally by social conditioning and moral codes that don't serve our inherent make-up. All the do's and don'ts of human society produce inner struggles against our basic desires.

Growing up in our sexually immature and repressed society, none of us can avoid accumulating energetic sexual blocks. We're lectured to, corrected, and made wrong for our instincts and proclivities.

At young and vulnerable ages, we waded into the scary arena of sexuality largely unprepared and uneducated. In other words, ignorant.

We're peppered with learning taboos, injunctions, and the multifarious definitions of the sins of the flesh. Often it's religious imprinting that creates these huge inhibitions and enormous loads of guilt and shame.

Women and men who've been sexually exploited, abused, and wounded may carry even more baggage. This negative energy is held in the Sacred Gate. For too many, carrying this baggage gets in the way of enjoyment, orgasm, and ejaculation.

Don't Run Or Hide, Play!

- Do you want to become sexually whole?
- Do you hope to experience more and more sexual pleasure?
- Do you look forward to higher and higher peaks of sexual ecstasy?

Then we welcome you on the path we've been joyously treading for some years now.

- How do you shed the social conventions that bring you down and release the brainwashing that doesn't serve you?
- How do you release the guilt that keeps you boxed in?
- How do you heal old wounding and move past your resulting sexual contraction?

To fully open to the joys of sacred sexuality requires clearing for all of us. It can be done. So many of our friends, lovers, and clients confirm this, as does our personal experience.

EXERCISE: Opening Discussion Questions

Here are some questions to reflect on, journal, or talk about with your partner...

- What do you feel is your basic nature?
- Do you remember when you felt fully open and alive? How old were you?
- What did you learn that helped you shut down to that childlike playfulness?

7.2 Sexual Resistance Section

"But social conditioning, sex-repressive teachings, moralizing, they have done a deep harm. You are disjoined from your sex center. Really, our image of our real selves excludes the sex center."

----- OSHO from The Book Of The Secrets

Those Awfully Common Scenarios

Along the path in pursuit of pleasure, we all run into blockages.

Tantra wasn't designed as therapy for our sexual hang-ups and limitations, but gladly it often turns out that way. When we relax, exercise our erogenous zones, and enjoy our bodies, we often run into the old baggage that blocks our excitement and our pleasure.

We've all been through one or another of these scenarios...

- You meet someone you're really attracted to. You finally get to the big moment in bed, and either your energy isn't there, or your new lover's desire goes flat. What happened?
- You've been thinking about sex for days and now you finally find the opportunity. But then you have an argument or some heated words, and sex and communion become the last things you want.
- You're a hot sexy lover and you fall for this wonderful guy or gal. You absolutely adore oral sex, but he won't touch your yoni (vulva) or she won't touch your vajra (penis) with her mouth for anything. Now what do you do?
- At last, you've fallen for your dream lover. The first six months are fabulous: juicy days, hot sex anytime, hotter long nights. Then, for no apparent reason, she's no longer interested in sex or his erections take a vacation.
- Even sadder is when one of you marries, knowing your spouse doesn't have much of a sex drive. You're hoping it's going to change, or trying to believe it doesn't really matter that much. Too often it doesn't change, and in the long run, it does matter, doesn't it?

What do all of these situations have in common? Resistance is rearing its ugly head.

What Is Resistance?

Resistance is anything that gets in the way of your natural flows of life force energy.

That's why we coined the phrase "liquid mind, liquid body." From a Tantric point of view, life force energy (orgasmic energy) simply flows if you let it. We're sure you know what we're referring to. Remember a time you felt vibrant, alive, eager, and joyful about every little thing. Your life force was flowing then. We use this innate force in Tantra to feed our health and growth.

When you're feeling good, which is your basic nature, energy flows continuously.

Sexual pleasure, orgasm especially, is a prime example. When your energetic juices are flowing, your emotions are upbeat, your body is dynamic, your mind is clear, and your spirit soars.

When it's inhibited, you don't. Resistance is happening, there's a blockage.

When there's resistance, you feel turned off, repulsed, angry, irritated, frustrated, hopeless, or depressed. In fact, you can define your own resistance by the very times you feel these so-called negative feelings.

Issues In The Tissues

Of course, you're aware that upsets, disappointments, and other negative emotions can come back to haunt you. Did you know that these old emotions settle in your body? Did you know that pains, wounds, and trauma are stored deep in your tissues? We often call this, body memory.

You want to feel pleasure, you want to enjoy the sunset, you want to shower your beloved with affection, but something gets in the way. Sometimes the very attempt to flow positive energy restimulates your old sad stories creating resistance.

That's partly why we're all so starved for touch. It's why massage and sexual dalliance feel so good. These are natural soothing mechanisms that strive to relieve the stress and tension buried in our bodies.

In short, resistance comes from energy blocked in the body that inhibits love, joy, pleasure, sexual abandon, and even orgasm.

Where Does Resistance Come From?

Resistance comes from internal conflict. Psychologically, it's caused by thoughts, beliefs, and feelings that are in conflict with what you want. These inner inhibitions may block you from being sexual, giving and receiving love, or making a relationship commitment. You might just feel uncomfortable about something, or you may experience some form of fear, anxiety, or even inexplicable anger. Either way, it's not a liquid mental state.

Why would someone inhibit their own natural desires?

- Maybe you're feeling down about not having what you want or what you thing you should have.
- Maybe you have high standards and expect more of yourself and others.
- Maybe you feel there's something wrong with what you want.
- Maybe your pushing to achieve some goal and doubt your ability to succeed.
- Maybe you feel there's something wrong with YOU, making you believe anything you might want is dirty, bad, or evil.

When we're working with Tantric clients who want to move into a more joyful relationship, life, and sexual experience, they often run into internal resistance. It usually stems from deeply internalized rules about enjoying life and sex that get the way of pleasure. Sadly, society as a whole seems ganged up against us leading ecstatic lives.

Blocking The Sexual Stimulation Pathway

How does this work, or better said, not work? It's all about the most powerful sex organ in your body. No, not down there. Up there, your brain.

When everything is functioning properly, energy is flowing. You have a desire, from love, lust, image, touch, fantasy. In response, the automatic mechanisms of your body create arousal.

As you begin to experience good feelings, the autonomic nervous system carries those messages back to the pleasure centers of the brain creating a feedback loop. In other words, when you get turned on, you get more and more turned on without much effort. This works in arenas other than sex, as well

Of course, this assumes that your conscious mind isn't interfering in any way and lets your body take over. When you welcome the desire, your energy flow creates passion.

When you have some built-in resistance, your beliefs and feelings conflict with this blessed human process of arousal. Consciously or unconsciously you're thinking "nice girls don't" or "I shouldn't" or "it's not right" or something similar. The vibrations of these resistant beliefs block the natural flow of messages to and from the brain. The feedback loop is stopped in its tracks and your excitement wanes.

If this pattern isn't modified, your pleasure channels shut down. The old maxim "use it or lose it" applies more to sexuality than other parts of life.

When you aren't really conscious of the resistance mechanism at work, these confusing mixed messages can make both giver and receiver crazy. You might feel nervous, anxious, afraid, angry, or withdrawn without any logical explanation. Your old emotional baggage is leading.

Ever wonder why sometimes we inexplicably find ourselves laughing, crying, swooning, or screaming during sex? We've touched a nerve from some past wound.

Flow With The Stream

To grasp the dynamics of inside resistance, picture a flowing mountain stream. In mid-summer, it runs quietly along the rocks, banks, and bottom it's smoothed for eons. Come spring flood, the force of the water causes deep turbulence. Rocks, logs, and the very banks themselves are battered and often swept away.

That's what internal resistance to energy flow is like, obstacles in the path of an immovable stream -- your life force. Doesn't it feel like you're getting emotionally battered? Churned up by stress? Pushed around by conflicting tides?

Your health responds much the same way. When something throws your system off balance -- germs, toxins, poor nutrition, even life setbacks -- your body acts against these stresses as best it can. You feel poorly while attempting to heal. Which is a window into understanding why regular sex is good for your health and little sex isn't.

Energetic resistance can produce the same kind of downward cycle. When you're pushing psychically against something in your life, your immune system can easily go out of whack and you become vulnerable to disease. Instead of liquid and flowing, your resistant mind is making your body struggle.

Flow With The Stream

You can soften the brunt of resistance by choosing to mute your desire for living, ignore your senses, and avoid pleasure. Then there's less force battering the stream bed. But you'll slowly die. You'll create less and less of the enjoyment that is part and parcel of your life force. We don't recommend hiding away in a cave, sticking your head in the sand, or avoiding what's bugging you.

By the way, this explains why a high stress lifestyle can inhibit your sexual desire and your sexual performance over time. You wouldn't want that now, would you? The stress you feel within is just another form of resistance. For example, if you place high expectations on yourself (although it may feel like others are doing this), you may have trouble living up to your own demands.

Many of those suffering from sexual resistance distract themselves by total immersion in work, family, investments, etc. A high stress lifestyle can be just another manifestation of resistance, sucking a person dry of any energy or time they could use to experience pleasure.

If you accept the Tantric premise that pleasure rules and nothing is more important than feeling good, you may be able to change these negative imprints consciously. But all too often the issues in your tissues command insidiously below your level of awareness. Which means you can't will these thoughts away.

Fortunately, Tantra offers some workable alternatives.

Specific Causes of Resistance

Though you're probably all too aware of many of the resistances in your life, we've compiled a short list to broaden your understanding of the possible ways your past can get in the way of your present. Though sexual abuse and child molestation are popular news items these days, there are many other ways in which men as well as women collect emotional wounding and physical trauma.

Fears

What we worry about all too often becomes a self-fulfilling prophecy. From embarrassing discoveries like finding our first underarm and pubic hairs, wet dreams, or menstruation to our first fumbling sexual encounters, these all have something in common: ignorance. Without education to prepare ourselves to love and accept who we are, the outside world and our bodies seem awfully scary.

Social Conditioning

Strict social, religious, and cultural puritanical attitudes create injunctions, prohibitions, and taboos which conflict with our healthy impulses. When we learn them from authority figures like parents, teachers, religious leaders, neighbors, and friends, they carry extra weight. We end up being shamed, blamed, and accused for trying to deal with the life forces burbling inside. Even worse, victims of abuse are often made wrong or not believed. All too often we deny our own pleasure feeling it's wrong or bad, sinful or evil.

Guilt

When we accept our elders' beliefs about natural feelings and common explorations like "don't touch yourself there or you'll go to hell," we end up loaded with guilt. Who hasn't been saddled with guilt by pushing too hard for sex, saying no when we mean yes, or not knowing how to satisfy a lover and feeling inadequate? The biological imperatives of love, lust, and intimacy drive us to act, and then we regret being human.

Self-Judgment

Maybe the most damaging impact comes from judging ourselves. We explore our bodies, play doctor with friends, and discover how to give ourselves pleasure -- all innocent explorations -- and then we learn "it was wrong." We become disgusted with our bodies and their natural secretions. We condemn our own jewels (genitals) as sinful, dirty, or base. And these unfair negative self-judgments may get deeply repressed underground.

Painful Incidents

When we experience physical ailments in our sensitive areas, they leave lasting imprints. The pains of parental punishments, abusive relationships, infidelities, severe losses, and other violent incidents go deep. We all dread the stories of sexual violence like rape and incest, but even common life experiences like childbirth, abortion, miscarriage, and insensitive gynecological exams contribute too.

Unwanted Sex

If it wasn't bad enough growing up with all these pains, power trips, and mind games that society lays on us, who hasn't experienced some kind of harassment in our sexually distorted world? How many innocents have been mistreated, exploited, used, or violated? Who hasn't been pressured, forced, or overpowered to do something they didn't want to? Or agreed to make love when they didn't feel like it or did any of the above things to another?

This is just a brief survey of the many ways our sexually repressive cultures end up contributing to the resistance we carry around with us. But remember, the outside events, however damaging, can't produce harmful energetic scar tissue unless you store them deep within, never letting the light shine on them.

EXERCISE: Resistance Discussion Questions

With your partner or in your journal....

- Review the ways your resistance shows itself in your life and in your sexual relationship.
- What was your family's attitude toward sex and sexual play when you were growing up? (Not talking about it is an attitude with a loud and clear message.)
- Do you think it has anything to do with the issues in your sex life now? If so, what might be the connection?

Armoring

When past traumatic experiences are lodged in the body's muscles, they tighten and the surrounding tissues harden. Some call this "armoring."

Armoring is an attempt to prevent pain. We tighten and contract to avoid discomfort and protect ourselves. But the energy generated by the experience gets trapped inside. Our bodies become a storehouse for negative imprints.

Armoring is an instinctual process that protects us against "dangerous" sexual feelings. Unfortunately, this repeated tightening has the undesirable side effect of stopping the flow of nervous signals, life-giving fluids, and vital energy.

When armoring persists, it deadens the constricted tissues. They become rigidly locked in place, becoming stiff instead of soft, pliant, and supple the way nature intended.

The jewels are as subject to armoring as anywhere else in the body. Maybe even more so when subjected to intense fear, guilt, and judgment from social conditioning. Our sexual frustrations, failures, and wounds leave their emotional and psychological energy traces in these vulnerable tissues. Not to mention the devastating impact of sexual abuse.

Effects of Armoring

How does armoring create sexual resistance? Here are the major impacts...

Blocked Energy Flows

As we've said, we all need the natural respiration of our energies. When tissues are armored, our channels are blocked and life force doesn't flow. Our lower chakras become congested and internal communication is cut off to our hearts, minds, and upper spiritual centers. Blockages prevent sexual messages from reaching our most powerful sex organ, the brain, which tends to decrease, limit, or even stop our ability to feel pleasure. Worse, we don't have access to the fuel for love, creativity, inspired action, and divine connection.

Health Effects

Residual tension deposited deeply inside suppresses the free flow of life-giving fluids and messages through nerve, circulation, lymph, muscles, and skin. Who knows how much our health truly suffers? Permanent tension and stiffness restrict our vital feelings of desire, attraction, and arousal. Some have shown that armoring affects the menstrual cycle and can cause repeated vaginal irritation and urinary infections.

Self-Protection

Because armoring is a self-protection mechanism, it cuts us off from enjoyable experiences as well as from reliving past trauma. It chokes off our spontaneity and makes us feel threatened by what should be playful fun. It can make us uncomfortable talking about sex and our bodies, and asking for what we want in bed. It even stifles us from showing or feeling affection.

Sexual Inhibitions

When our jewels or other related parts of the body are armored, it dulls our sensitivity and limits our enjoyment of lovemaking. We can't totally immerse ourselves in our sensations and merge physically with our beloved. Our sexual channels can even shut down entirely. When blocked, protected, and inhibited, we need stronger and stronger stimulation to break through these shells, get off, and feel satisfied. As much as we favor any practice that brings pleasure, we believe it's entrenched armoring that causes some to crave violence, painful intercourse, S & M (sadism and masochism), and other way-out kinky practices.

Performance Pressure & Anxiety

When we're armored against pain, we may generate expectations that create performance pressure. Awakening sexual energy then can stir up self-doubts and fears carried since childhood. We can experience internal tensions like worrying if we'll be any good at lovemaking. Will he or she like it? Will I be able to do it right, maintain my erection, have an orgasm? Will I be able to please her and last long enough to make her come? Instead of enjoying the pleasure of the moment, our anxieties shift our attention to the future, putting unnecessary pressure on yoni and vajra.

Body Judgment

When our tissues hold onto old negative energy, our natural tendency is to disapprove of what appears to be the source of our pain, the body. Instead of appreciating the sacred temple of our souls, we judge our appearance, weight, and shape according to unrealistic outer standards. Instead of loving and accepting the vehicle that allows us to live and enjoy pleasure, we condemn it. As a result, our sexual body often is subjected to the most vehement negativity. We repress our instinctive forces of nature to feel, enjoy, and procreate, generating increasingly resistant energy that feeds our armoring.

Emotional Instability

Old energy stored in the tissues is life force that lives on regardless of how hard we try to suppress it. It's like a deeply buried battery which can produce a shock but perpetually keeps recharging. These discharges can take the form of emotional outbursts, unexpected flare ups, or deeply ingrained negative mental attitudes that make little sense. Conventional hot frenzied sex can restimulate old wounds causing volatile fights and even explosive catharsis seemingly without provocation. The pent-up pressure can trigger fantasies, past images, and repressed memories. When your lover is armored, even good-natured sexual play can bring anger, jealousy, rage, fear, sadness, withdrawal, pain, hurt, or depression to the surface easily without explanation.

Armored sex is like making love with the ghost of Christmas past. It's a form of powerful resistance expressed physically. Any well intentioned action can trigger an inexplicable and sometimes explosive response. When stored negative imprints are triggered, you may not enjoy your present.

Because of dormant and stagnant energy, our zest for life is diminished. When current feelings are contaminated and restricted by past emotions, sacred sexual play doesn't enrich, awaken, and raise consciousness the way God/Goddess intended.

As you can see, armoring causes us to resist. The more we resist, the stronger our armoring. And the more we resist. We live in a perpetual self-reinforcing cycle of inhibition. A downward spiral that takes us further and further away from our innate blissful nature.

EXERCISE: Armoring Discussion Questions

Here are some questions to reflect on, journal, or talk about with your partner...

- What sexual resistances are you aware of?
- Is there anything about your body that might lead you to think there is some physical armoring? This might be tightness of muscles, joints, pain, skin eruptions.
- Is there any childhood or adult trauma that your body might be trying to protect you from?

7.3 Tantric Healing Section

Therapeutic Massage

Unfortunately, our genital areas rarely experience the kind of healing that can melt armoring, such as sensitive massage or loving without a goal.

One of the best ways to clear the negative imprints that create armoring is through deep therapeutic massage coupled with Tantric breathing. Unfortunately, massage practitioners are largely prohibited from releasing and rejuvenating the tissues around your sex organs for fear of overstepping the traditional boundaries of professional propriety. As a result, many of us are left to cope with and compensate for our armored tissues.

Even the minority of the population that get enough lovemaking don't receive adequate nurturing touch. During sex, our jewels are more likely to be subjected to the heated demands of pent-up sexual desire.

You know already that we like the hot part and advocate lots more passionate sex. It's the lack of healing touch for the jewels that we're dedicated to change with your help. In the coming pages, you'll learn this kind of massage for and with your partner.

Sacred Gate Healing Massage

This chapter culminates in one vital practice designed to be repeated as often as needed to melt all the resistance stored in a woman's yoni. The healing method uses yoni and Sacred Gate massage to contact and quickly move through old issues that prevent the exuberant enjoyment of sex and life.

Our cultural conditioning urges us to live in our heads, repress our feelings, and play down pleasure. This healing method urges you to get into your body and feel as much as you can so you can expand your capacity for pleasure. Instead of playing it safe to protect yourself, it guides you to take some risks and enjoy yourself as you do.

The spiritual ones amongst us might just describe all this as simply allowing the Goddess to awaken and move through unimpeded. The more pragmatic might just say you're clearing rubble from your energy road. Whatever story you want to attach to it, or preferably none at all, you'll feel more and feel better. Yeah!

By using the Tantric healing methods that follow, you can experience...

- the free flow of magical orgasmic energy lying dormant inside
- less pain, numb, and sore spots in your tissues
- greater sensitivity and aliveness in yoni
- decreased vulnerability and intensity of old emotions
- increased sense of trust and stronger feelings of love
- more open energy channels allowing freer sexual expression

- feeling orgasmic energy streaming through your body
- full-body Tantric multiple and extended orgasms and female ejaculation.

How The Chakras Get In The Act

Many of the hurts, wounds, and blockages are stored in our first and second chakras. These energy whirlpools regulate survival, self-preservation, physical health, emotions and our sexuality.

Sacred Gate healing is designed to cleanse the chakras and the inner flute that connects them so they can function vibrantly as intended.

When you channel negative energies through your lower chakras and inner flute to your heart, you can speed up the healing process. By connecting your jewels with your love center energetically, you're likely to release strong emotion and transmute the life force more quickly.

Remember, through Tantric healing you're reawakening sleeping areas of your body. This is how the ancients learned to contact the Goddess. We're not referring here to some imagined deity, but to the sacred feminine energy that's bursting its seams to come alive within all women.

The Drawback Of Fight Or Flight

Instead of focusing on problems, Tantric practice heals through the committed pursuit of pleasure. As we learn to open our energy channels, it is natural that we bump into and have the chance to work through any resistance that gets in the way.

We're left cleansed, relaxed, and free.

When you have a problem, psychologists tell us you've got two basic alternatives: flight or fight. If you deny the problem, try to run away, or put your head in the sand, nothing changes until it bites you in the ass. Avoiding old memories that continue to torment you adds strength to your resistance by letting the negative energy fester. If you choose to do battle with your demons, at least you're actively aware of the issues.

The shortcoming of this two-sided view is that regardless of your choice, you're being controlled by the problem. Run towards or away from a problem and either way your mind is focused on it. This, of course, gives the problem more strength.

Law of Attraction

Being about energy, Tantra teaches us a startling clear fact about human dynamics...

Energy creates a magnetic field that attracts similar energy.

The beauty of Tantric practice is that streaming sexual energy, like a spring flood, collides with these issues stored in your tissues.

If you keep at it, if you keep pushing yourself to experience pleasure, the magical healing properties of your life force energy flow will dissolve your blocks, discomforts, and resistances. You focus the light of your consciousness on these past stories hidden away in your body and, lo and behold, torrents of old energy are released.

Simply, whatever helps to make your orgasmic energy flow is the very thing that will burn away the impeding blockages and allow you to experience new heights of pleasure and ecstasy. Tantra naturally becomes a delightful growth path that isn't problem-focused and makes you feel great.

In other words, make love and heal thyself.

Wouldn't you rather heal through pleasure than regurgitating old hurts? That's the spirit of Tantric sexual renewal in a nutshell. If there was ever a "have your cake and eat it too" kind of solution to life's challenges, Tantra has got to be it.

Lighten Up & Heal Tantrically

"The practice of Tantra has tremendous potential for transformation because of the Kundalini Shakti -- spiritual energy -- the awakening, uplifting, expanding principle...Shakti causes spontaneous insights, spontaneous spiritual growth, and ever-increasing expansion and transformation and will purify our negative and limiting conditioning. Purified, invigorated with and inspired by the Shakti we begin breaking through our barriers and limitations to live in love and to be open to one another. We experience a peace and freedom that we have never known."

----- Gurumayi Chidvilasananda

You move through your resistances with Tantric healing by removing negative imprints and replacing them with pleasurable ones. By pursuing pleasure and being open to receive it, you clear emotional blocks and release the withheld life force stored in them that has impeded the free flow of energy.

It's as if the weight of resistance is lifted from your pleasure balloon, allowing it to expand much more and more easily. Once cleared, your sensuality reawakens and you feel a powerful resurgence of aliveness, vibrancy, desire, spontaneity, playfulness, creativity and joy. You'll regain the potential for quick and easy orgasm or, when you choose, for continued building of passion to reach for a mystical experience.

After Tantric healing, it's so much easier to have the greatest sex and sexual freedom you have ever imagined.

You Can Learn To Heal Each Other

Tantra can help the vast majority of you find the joy, desire, pleasure, and freedom you're looking for. Pursuing pleasure in a healthy loving relationship is a healing path open to us all.

Sometimes when you're making love with yourself or another, old emotions and images surface. Pleasure can trigger stored pain and anger that's years or decades old. Releasing tension, when it's done with consciousness, is a good thing, though it may be awkward, uncomfortable, or even painful at the time. If this sometimes happens to you, we recommend that you continue lovemaking with as much consciousness and communication as you can muster.

Then recognize you need to schedule some dedicated healing sessions as soon as possible.

By carefully studying the instructions in the practices that follow, following them, and conducting repeated healing sessions, you can help each other release body armor and sexual resistance.

Some might say only trained professionals should attempt this kind of Sacred Gate healing massage. We believe that through love and consciousness whatever you do will help. You may release some energies that make things uncomfortable for a short time. But our philosophy is: better triggered sooner rather than later.

Do You Need Advanced Training?

The guidelines and instructions that follow can be done by anyone with the right attitude and an acceptance of Tantra. Of course, sexual resistance can be complicated and deep-seated. Sometimes your individual dynamics get in the way of working together for your own healing and that of your partner. So we don't mean to imply that it's always easy for you to do on your own without advanced training.

If you have trouble following the yoni healing guidelines below or find your progress stalled, we urge you to get further training before you go forward. If you run into trouble during your initial sessions, we suggest you contact us and ask our advice before continuing.

That's why we make our initial telephone consultation, our Tantric SexAssess, available to you at a 75% discount. Lately, we've been experiencing great results through long-distance telephone coaching. For details, click here...

<<http://www.tantraattahoe.com/service/sexint.htm>>.

Of course, the best way to get advanced training is to register for our private Tantric Workshop. In several intensive days dedicated just for you, we'll teach, demonstrate, and guide you to skillfully break through to higher levels of ecstasy. For details, click here...

<<http://www.tantraattahoe.com/service/initiation.htm>>

Sometimes Therapy Is Needed To Breakthrough

When old negative energies are released through sexual healing, the pursuit of pleasure through Tantric practice rapidly accelerates. But sometimes resistance is so strongly embedded that beginning is impossible or traumatic.

If either giver or receiver is unwilling to enter into yoni healing or you find the process hopelessly stuck, professional therapy may be indicated. This is especially true for those with traumatic histories. We urge you to contact us if either of you find yourselves in this predicament.

With graduate degrees and years of private practice in psychology and personal growth, we'd be the first to admit that in some cases do-it-yourself healing doesn't work for everyone. Sometimes, the scars of sexual wounding, trauma, and abuse go so deep that eroding them gradually through Tantric practice isn't practical or enjoyable.

Fortunately, Dhyen Jeffrey and Somraj are both trained and experienced in multiple psychological modalities and have tools that can quickly break you free from the grip of the past. That's the purpose of our Sexual Health Coaching. Review the following page of our website for more details...

<<http://www.tantraattahoe.com/service/coaching.htm>>.

EXERCISE: Discussion Questions

Here are some questions to reflect on, journal, or talk about with your partner...

- Do you feel open to pursuing pleasure as a source of personal and sexual healing?
- If you don't feel open, what is getting in the way? Beliefs? Doubt?
- Do you have concerns or questions about the process of Tantric healing?

7.4 Yoni Healing Guidelines Section

"Sexual healing...can happen through pleasure and delight much more easily than they can through 'working' on a problem." ----- Margot Anand in The Art of Sexual Ecstasy

Partners Are Essential During Healing

Sexual healing through yoni massage and healing may need to be repeated a number of times to remove layer after layer of distress. The faster you go, the more demanding, and possibly painful, it will be. But there's no rush. Cleanse yoni a little at a time and soon you'll arrive where you've always wanted to be.

Sacred Gate healing requires a dedicated team effort between giver and receiver functioning as equals. You both have a vital role in the process.

You are likely to run into problems or conflict if one of you takes full control while the other is being passive. Shakti, the woman in the receiving role, must take responsibility for guiding the giver for optimum progress. The giver needs to respond to their partner's guidance. You

need to work together proactively to create a circle of energy that's stronger than either one of you could produce alone.

To ensure that you're acting as partners pulling together, we recommend that you only conduct the practice described below as an intentional healing session, not as a spur of the moment response, knee jerk reaction, or part of lovemaking purely for pleasure.

Communication between giver and receiver is essential. If something is troubling either of you, bring it up. If either of you slowly become aware of an idea or concern, mention it. Remember, you're both doing the best you can do at each moment. Operate from a place of love, respect, and appreciation for yourself and each other.

Sexual healing comes through surrender more than anything else. It takes courage, trust, and mutual support for this to gradually happen. Here are some suggestions to facilitate your partnership...

Guidelines For Both Giver & Receiver

- Stay as present as you can, tune into each other, and connect your energies -- this is more important than technique.
- Always stay relaxed -- if you lose it, simply breathe until you calm down.
- Keep it light, because you can't get it wrong -- whatever you do will move things forward.
- Don't try to be perfect -- approach this practice as playful children exploring a new game.
- Focus more on the process than any immediate outcome -- leave expectations that create performance pressure outside your Sacred Space.
- Remember that the way out is the way through -- the process that turned on discomfort, emotion, or pain from old memories is what will turn it off.
- You don't have to do everything at once -- start slowly and learn as you go.
- If you need to, come back again and again -- discharge as much old energy as the receiver can stand each time.
- If the receiver feels as if she can't go any further at any point, don't push her -- let her choose to move forward or to take a break.
- Agree on a signal word or motion that will cause you both to immediately terminate whatever you're doing -- "Stop!" or palms facing the giver will work.
- Let go of your goals for immediate breakthrough -- surrender to whatever happens each time and be open to multiple sessions.

Healing takes as long as it takes. This may be several contacts to awaken and release old encysted energy that's been hidden for years.

The Giver's Role

Giver, here is your job description. We don't refer to this role as "healer" because Shakti, the receiver, really heals herself. But you do have a vital function to perform that can assist her in letting go of resistance.

If you choose to help your beloved heal sexual resistance, be sure you decide to accept the role of giver freely, willingly, and for sincere reasons. Don't expect anything in return right away, or ever for that matter.

Offer your heart in total service to the Goddess as manifested in the form of your partner. This is a divine gift that you can give. This privilege you're being entrusted with is the height of intimacy. Accept this role from a purely loving space because you want to give, not because you need to gratify your ego, satisfy yourself sexually, or get something back.

Here are some details about your function...

- Let go of your own needs. Follow the receiver's energy, not your own urges. Let her indications of readiness be your guide to begin, continue, and shift.
- Be fully present, hold the space, and share this rare transformation with your beloved. Remember that your selfless loving presence is your most precious contribution.
- Do everything possible to create a safe environment. The receiver must feel in control at all times.
- Be gentle and always use TLC, tender loving care.
- Approach yoni with reverence, respect, and a sense of awe. Remember, you're being given a sacred trust.
- Keep the process going and support the receiver as long as she's willing and able.
- Facilitate the healing process by doing whatever you can to make the her clearing work as easy and painless as possible.
- Act as a neutral sounding board for whatever Shakti voices using understanding, acknowledgment, and empathy.
- If strong emotional reactions surface, realize you're not the real target. Just breathe, relax, and let them pass.
- Just let what comes up, be. You don't have to fix the receiver, her consciousness does that.
- Don't feel guilty for producing discomfort through yoni massage. Stored negative energy is doing that.
- Don't be scared. Giving isn't hard to do if you simply have desire to help and follow the directions below. If can't get over the initial nervousness that's natural, we urge you to get some training or professional help before proceeding.

Specific Guidelines For The Giver

If you've absorbed your purpose by reading the previous bullets, you still need to know exactly what to do. Here are some initial guidelines for action...

- Before you begin, bathe, clean your hands, cut your nails -- if you have sores or rough spots, wear latex gloves.
- Be as selflessly present as you can in each moment -- maintain eye contact, listen attentively, and be supportive.
- Resolve outside pressures and empty your bladder before you begin -- make yourself free from worries so you can be fully present.
- Do whatever you can to make Shakti feel secure -- act accordingly by maintaining strict confidentiality about what happens.
- Make a strong emotional connection with your partner without vajra's involvement -- vajra can act as a powerful restimulator of old resistance forcing the process to accelerate more quickly than the receiver can comfortably handle.
- Get permission before major changes -- don't penetrate or move dramatically without alerting her and getting agreement.
- Be supportive, encouraging, and show her how much you care -- reassure her with statements like "You're doing great" or "I'm right here for you," or "Take as long as you need."
- Healing is not deliberately designed to sexually arouse the receiver but sometimes it happens -- if so, gently steer the process back to healing without changing your focus to lovemaking.

- Continually check in with yes/no questions to stay in close communication with Shakti -- you want frequent feedback to know what's happening inside her with as little distraction as possible.
- Make sure YOU are always as comfortable possible by alerting the receiver and shifting position if needed -- your tiredness or tension will telegraph and distract the receiver.

If the going gets tough, don't run away -- stay present. Honor your receiver's stated boundaries and respect her any spontaneous limitations that crop up -- if you hear "NO!" accept it and act on it. If you try to push past her limits, you jeopardize your relationship not just her progress.

QTIP (Quit Taking It Personally)

Resistance may take the form of strong emotion directed at the giver. It's possible the receiver may direct frustration, criticism, blame, or anger at you and what you're doing.

If it happens, resist the urge to defend yourself. Recognize that the receiver's mind is somewhere else.

It isn't your current beloved who's attacking you, but someone else from long ago. She's acting out of powerful forces buried deep inside traumatic incidents. If the old energy is strong enough to block her ever generating life force, it's certainly strong enough to make her dramatize an old role from the past. That's why energy imprints can actually control behavior while it's resurfacing.

To the best of your ability, follow the QTIP guideline -- Quit Taking It Personally.

To Help The Giver Stay Present

Giver, here are a few suggestions that can help you stay present and not get triggered yourself...

- Use conscious breathing.
- Excuse your beloved if she temporarily forgets to lovingly ask for what she wants, guide you kindly, and appreciate what you're offering.
- Just accept whatever the receiver says without taking it inside and judging her or you.
- Release your partner's energy using Orgasmic Breathing yourself and visualize it streaming through your body into the ground.
- If you can't maintain your composure, gently ask for a break. If you have to interrupt the process, she probably hasn't released all the old energy contacted. You'll need more patience and she'll need more healing in the future. Better to pick it up again later than creating a big rift now.

In the long run, as long as the two of you recover your balance, no harm is done. Just more healing work ahead. And if it becomes an issue between you preventing future sessions, we're always available to guide you through this difficult juncture.

EXERCISE: Giver Discussion Questions

Here are some questions to reflect on, journal, or talk about with your partner...

- Do you, the giver, have any concerns about your ability to follow the guidelines?
- Do you, the giver, have anything you want to discuss with the receiver about what you have just read?
- Do you, the receiver, have anything you want to discuss or add about the descriptions you have just read?

Receiver's Role for Optimum Healing

Dear Goddess, begin by recognizing that you are a perfect reflection of the Divine.

Whatever resistance, pain, or wounding you're carrying with you, underneath there's nothing wrong with you. Accept yourself, love yourself, forgive yourself. Decide to move on with your life, heal yourself with your beloved's assistance, and create as much sacred pleasure as you can.

Your job as receiver is to let go of the past by focusing the light of your consciousness on your body now. If strong emotional reactions occur, let them be without suppressing the feelings or memories. Confront what comes up now or it will continue to make unwelcome visits until you do.

Shakti, by allowing deep love to enter your Sacred Gate, you can let go of old buried memories and emotions and expand your potential for ecstasy. Simply let your true Goddess nature shine through you. Here's how you can encourage this to happen...

- Choose to receive healing freely, willingly, and for sincere reasons inside, not because of outside pressure.
- Be sure you feel comfortable receiving from the giver you choose. Don't just let anyone act as your giver.
- Ask for whatever you need to relax, trust, and feel safe.
- Let love enter your body, mind, and spirit through your yoni.
- Just feel. You don't have to do. Focus on your feelings and body sensations so can increase your capacity to feel more.
- Allow whatever you experience to happen -- tears, words, screams are all OK if they come up. You may also use Orgasmic Breathing to ground yourself if you discover you are checking out.
- Don't insist on understanding what you experience if it's confusing or makes little sense. Simply feel whatever energy you can now without analysis or explanation. You don't have to understand to heal.
- Don't actively seek to escape, tune out, go numb, or distract yourself. If any of these do come up, let your giver know immediately.
- If you're willing, share and fully express any old memories that come up regardless of how embarrassing, anxiety-producing, or vulnerable they make you feel -- or don't if you don't want to.
- As much as you're able, be kind to your giver. Give gratitude, accept their boundaries, and forgive their limitations. They're doing the best they can.

Guidelines For The Goddess

Receiver, here are some guidelines to help you progress as quickly and easily as possible...

- Prepare by bathing, beautifying, and dressing sensuously.
- Make your general intentions clear without specifying any specific goals for each session.
- Look inside and voice any boundaries you're aware of without hesitation or guilt. This might include body parts or actions that you want to be off-limits.
- Only give permission for your beloved giver to enter or go when you're ready.
- Move and dance on your giver's fingers to aid the healing process.
- Stay as present as you can by clearing your mind, relaxing, and using conscious breathing.
- Make requests of the giver using the Feedback Cycle to guide your giver: 1) acknowledge something that's working, 2) ask for something different, and 3) appreciate the change.

- Be as responsive as you can, showing verbally and non-verbally what you're experiencing in each moment.
- Massage clio yourself any time you want to add energy and pleasure to what you're feeling inside yoni.
- Use Orgasmic Breathing including PC pumps, pelvic rocking, visualization, and sounds to move the energy you encounter.
- Talk about any emotions, memories, or images that come up.
- Afterwards, relax and let the changes integrate within instead of rushing off for work or other stimulating activities.

You Don't Have to Do It All At Once

We keep suggesting that you don't try to blow through all possible resistance at once. Don't even imagine that you can.

But you can get a long way in one session. It takes lots of powerful energy to prevent the free flow of intrinsic life forces like sexuality and self-love. This work is often draining and energizing at the same time. You may not be up to confronting everything at once even if you tried to.

Healing is often like peeling an onion. Take off the skin with too many layers at once and you won't be able to hold back the tears. Instead, plan on peeling a layer at a time.

That's why it often takes multiple healing sessions to release blockages accumulated and suppressed for a lifetime.

Sexual healing, or even lovemaking, can trigger unexplained images, repressed memories, wild fantasies, and even birth traumas. When old energy first gets contacted, a torrent of confusion may tumble out, as if you suddenly released a plug on a backed up drain. Or, in contrast, you may know exactly what the energies, images, and triggers are released.

To facilitate this process, we've advised that you do your best to accept whatever surfaces without having to understand, analyze, or solve it. Just let it be and move on with the process.

EXERCISE: Goddess Discussion Questions

Here are some questions to reflect on, journal, or talk about with your partner...

- Goddess, do you have any doubts or concerns or anything to add to the above guidelines?
- Goddess, has anything gotten in your way in the past that prevented you from releasing old wounds and staying present?
- Giver, do you have any questions about the receiver's role that you want to discuss?

Catharsis Triggered

Though unlikely, it is possible that touching on severe wounding may trigger emotional catharsis. This could take the form of long bouts of intense crying, totally irrational overwhelming emotional outbursts, or even hyperventilation causing numbness and tingling in the receiver's hands.

We firmly believe that however difficult, strong, and explosive the immediate reaction may be, it's better to have contacted the blockage and get the energy flowing.

Remember, the tried and true therapy maxims...

The way out is the way through, and

What turns it on turns it off.

Many of our personal and professional experiences have confirmed the truth of these statements. If you can keep cool and keep the process going, what triggered the reaction will discharge the energy.

Although these beliefs may help prepare you mentally and firm your resolve, they won't lessen the impact should upheaval erupt. So we want to offer you a pressure relief valve to bail out in case it's necessary.

Safety Valves or Grounding Techniques

If catharsis continues for more than 10 minutes, consider using this safety valve process. When the giver judges that the receiver has processed as much pain as she can deal with in one session, follow these steps...

- 1) Say "As soon as you're ready, take a deep breath and hold it." This may take a while and require multiple encouragements.
- 2) When she does, say "As soon as you're ready, exhale and take another deep breath in your belly." Repeat if necessary.
- 3) When she begins calming down, suggest gently but repeatedly that she relaxes and continues to breath slowly.
- 4) Suggest that she lets the energy drain out her inner flute into the earth.
- 5) Suggest that she imagines that her spinal cord is energetically extending down into the Earth and is wrapping around a huge boulder. She can feel enormous calm because of this connection.

As giver, it's important that you maintain intense presence and eye contact while witnessing the dramatic experience. Don't push her to resume the healing right away but know that you'll undoubtedly have to recontact the intense memory soon in another healing session. Be certain that she will be okay.

And giver, don't forget to breathe slowly and deeply and stay grounded yourself.

EXERCISE: Catharsis Discussion Questions

Here are some questions to reflect on, journal, or talk about with your partner...

- Goddess, do you have any concerns about the possibility of you having a powerful emotional reaction?
- Are there any issues of trust (of self or other) that need to be verbalized?
- Giver, what do you understand is your response if your Goddess has a cathartic (emotional) reaction? Any doubt, review the sections above.

7.5 Yoni Healing Practice Section

Dynamics Of Yoni Healing

Healing is a simple touching process that allows full consciousness to return to all parts of yoni, especially the Sacred Gate. The giver slowly and gently massages around and inside yoni to reopen communication channels within the receiver and her divine garden.

The tissue of a healthy yoni should be soft, supple, and vibrantly alive with sensation. A healthy Sacred Gate can produce amazing amounts of pleasure. When armored, the tissue hardens and loses its ability to flow sexual energy.

This yoni healing massage process returns that life simply by touching softly and pressing gently where armoring needs to be released, often most intense around the Sacred Gate. The real work is done by the receiver focusing her awareness wherever she's touched.

The giver touches everywhere around and within yoni, gradually approaching the Sacred Gate and letting the receiver feel the life flowing to and from healthy tissues. Sometimes the giver will contact a "hot spot" when the receiver reports some discomfort.

Hot Spots

A hot spot is an armored place that stores old energy, revealed by negative sensations when touched. Hot spots can be tense, sore, hard, tender, painful, numb, or, as the name implies, burning. Sometimes the energy is so compacted that it feels like a hard nodule under the skin.

When a hot spot is found, the giver simply holds and the receiver breathes into the area until the negative energy dissipates.

Though possibly unpleasant, hot spots are a blessing. They provide an exact window into what needs to be healed to open the receiver's channels to the unrestricted flow of sexual pleasure. After the stored energy is released, pleasure, orgasm, and ecstatic states are much more easily accessed.

Areas of discomfort shift from session to session and from time to time within one session. It's as if blockages are fluid enough to hide from the light of touch and resurface elsewhere. So approach each healing as a unique moment of time without expectation or plan. Just accept what's there and deal with it.

Though it might happen of its own accord, yoni healing isn't about getting excited or having an orgasm right now. It is about rediscovering and awakening a sacred jewel and expanding the Goddess' capacity for Sacred Gate pleasure.

Yoni Healing Practice Overview

Though you've done many of these actions before, the Yoni Healing Practice may seem a bit complex at first. Here is a short listing of the steps that you can print out and keep handy to remind you what to do when...

1. PREPARE WITH 5 TANTRIC S's

Get ready and create your Sacred Space.

2. HEALING MESSAGE

Open her energy channels with a sensuous massage.

3. IS YONI READY?

When yoni is ready, make final preparations.

4. APPROACH YONI

Initially awaken outer yoni.

5. ENTRY

Gentle enter yoni.

6. PROBING

Go a little deeper and press.

7. HEALING

Release hot spots contacted.

8. DEEPER

Continue probing and releasing deeper.

9. PLEASURE DOWN

Enjoy pleasure and then relax.

10. CLOSING

Close your Sacred Space.

Afterthoughts

The complete and necessary description follows. Please be sure to read the description in its entirety before you begin the practice.

PRACTICE: Yoni Healing

Here is the complete description of the Yoni Healing Practice.

Purpose

To lovingly connect with yoni's inner tissues, especially her Sacred Gate, to clear any stored armoring or resistance.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Discuss Partnering Questions -- desires, concerns, boundaries -- in the moment.

Agree on any signals or alert words that you want to be prepared to use and respond to.

2. HEALING MESSAGE

Giver, direct heart energy to your hands. Using Tantric touch, give your beloved a soft slow sensuous massage to bring her more into her body, relax her, and open her sensual energy channels. Tenderly attend to her whole body. Encourage her to give suggestions about what feels best. You can use oil for anything external if the Goddess agrees.

Giver, before moving on, be sure to work the tissues surrounding yoni. Massage as deeply as the receiver is willing to experience, loosen the muscles and tendons around her jewels, working her PC wherever you contact it, including her butt, thighs, and pelvis.

3. IS YONI READY?

Giver, pay attention to your beloved's breathing, sounds, hip movements, and yoni lubrication so you know when yoni is ready to be approached. You may also ask Shakti directly.

When yoni is ready, offer a flower or other gift to your beloved. Say something like "I offer this flower as a sign of devotion to yoni's pleasure and my love of your true Goddess nature. My only intent is to be of service. I am honored to be invited within your sacred garden."

This is the best time to check your preparations. Do you have all your props handy? Do either of you need to empty your bladder or bowels again? Are you in the best position for Sacred Gate massage? See the Sacred Gate Massage Chapter if you've forgotten. Do you have enough towels underneath her in case she ejaculates?

4. APPROACH YONI

Giver, ask something like "May I touch yoni?" When she answers yes, begin by placing one hand over yoni, the other on her heart, and looking deeply into her eyes. This is a wonderful time for verbally admiring yoni, your beloved's beauty, and professing your love.

Approach yoni with love and respect, Gently stroke outer yoni and, when she's ready, clitoris as well to arouse her tissues. Soft and slow is your aim, especially at first. Let the receiver take your hand and demonstrate how she likes her mound, lips, and clitoris stimulated if she wants.

Hopefully, this outer yoni massage will be pleasurable and awaken her sexual juices, but your aim is not to continue until orgasm.

5. ENTRY

Giver, ask if she's ready for you to enter yoni by asking something like "May I enter your sacred garden?" Assure her that you're there for her at all times by maintaining frequent eye contact without looking away.

When you have permission, wipe any oil off the hand you plan to use inside. Put on a latex glove now, if needed. Liberally douse your fingers with lots of water-based lube. Starting with the third finger is a non-threatening beginning.

Place your fingertip inside yoni's inner lips without penetrating. Just hold at first. Then, say "Let's try up and down" and slowly and gently stroke yoni's lips. Next, say "Let's try circles" and move your fingertip around the inner lips without any sudden, jarring or jabbing motions. Relax, there's no hurry.

6. PROBING

Now, warn your beloved that you're going deeper and gently insert your finger inside yoni's mouth halfway to the first finger joint. Just rest a moment. Then, press upward gently into the tissue and ask "Do you feel my finger?" Increase the pressure gradually until she does and then ask "How does it feel there?" Remember, you're probing, not arousing.

As long as there's no discomfort under your finger, continue exploring yoni's tissues in the same way stopping at the hour positions of the clock. (12:00 means up towards her belly, 6:00 means down towards her butt.) Step-by-step rotate one way as far as you can and then the other. You may need to move your body or even smoothly switch fingers to reach each of the 12 positions. Don't forget to alert Shakti before you make any major movements.

7. HEALING

The core of yoni healing is to discover any "hot spots," tissues inside yoni that need healing. You'll recognize them when the receiver reports tension, numbness, tenderness, soreness, pain, burning, or a bruised feeling. The giver may feel throbbing, heat, or a hard nodule.

Giver, when you contact a hot spot, stop probing and hold with a steady pressure. Go just deep enough for your partner to feel the soreness or numbness. Don't try to force old energy out of the tissue by pressing or squeezing as hard as you can.

Ask your beloved, "Describe the sensation. Breathe into it. Is any image, memory, or emotion coming up?"

Receiver, focus on the sensations in yoni and imagine your breath flooding them. Do your best to stay with your feelings while reporting to your beloved as it changes.

Giver, encourage your beloved to continue by saying things like, "Good job, continue" and "You're doing great."

Remember, be patient and let it be. Don't try to understand what comes up, analyze what's being released, solve the problem, or fix it in any way. Do your best to avoid

distractions and interrupting the clearing process in the middle. Just let the energy discharge.

She may need to yell, scream, or make other loud sounds to encourage the energy to move. As it dissipates, yoni's tissue may feel hot, even burning. While this continues, which may be two to five minutes until full release, continue holding and breathing. You can tell when the hot spot is discharged because the sensations subside, the area feels lighter, and she feels really great afterwards.

Giver, you may want to explore the vicinity of the initial hot spot to clear out related sensitive areas.

When a hot spot is cleared and the sensations are gone, continue probing the other clock positions. Spend some time enjoying the pleasurable places contacted. Remember to focus on the ultimate goal of the whole experience, pleasure.

8. DEEPER

Once you've probed the 12 hours of the clock just inside yoni's mouth, it's time to go deeper, warning her each step of the way.

Giver, insert your finger all the way to its first joint. Probe the clock positions as you did before, stopping and healing any hot spots contacted.

Then go deeper into yoni, half-a-finger-joint at a time. If you both like, test a straight versus a crooked finger, different fingers or more than one finger at a time, and other strokes from the Sacred Gate Massage Chapter.

The Sacred Gate often holds the most intense resistance. As you go deeper, be especially alert for hot spots between 11:00 and 1:00 o'clock, feeling the urethral sponge swell and roughen. If the receiver feels the urge to empty her bladder, stop and breathe together until it subsides.

As you reach deeply enough to feel bones from the inside, press against her tailbone, sacrum, and pubic bone while testing for hot spots. Don't forget to probe behind the pubic bone and on all sides of the cervix. If your fingers aren't long enough, you may need to use the Crystal Wand to reach everywhere inside yoni.

If you discover hot spots holding a great amount of pain, don't try to release them all in one session. Continue only as long as the receiver remains comfortable. Then, come back for more healing later.

9. PLEASURE DOWN

When you agree that you've done enough clearing for one session, consider ending on a high note. Since pleasure is your ultimate aim, it's wonderful to fill the energy vacuum hot spots leave behind with good feelings. Of course, it's up to the Goddess based on her level of sexual desire and tiredness.

Giver, ask your beloved, "Would you like to shift our attention to pleasure in preparation for ending?" If she answers yes, begin focusing on the most pleasurable areas of yoni. Use Sacred Gate Massage strokes and include stroking clitoris if she desires.

Encourage Orgasmic Breathing to cleanse her energy channels and spread the ecstasy throughout her body. Orgasm is a sweet way to seal the entire yoni healing experience. But it isn't necessary or essential, especially if Shakti isn't in the mood.

Giver, when you sense your beloved has had enough, warn her with "If it's OK with you, I'm going to withdraw my hand from yoni" and do so slowly. Don't suddenly break the connection.

Smoothly cover yoni with your hand right after exiting. Maintaining eye contact, place your other hand on your beloved's heart and breathe together, visualizing energy circling between you.

Giver, cover with your partner with a sarong or blanket. If she desires, lie in each other's arms, spoon, hug, comfort, or cradle her body. Lie together in silence, or sweetly share the experience while holding each other, as she prefers.

10. CLOSING

When you're ready to end the practice, close your Sacred Space and give each other a Heart Salutation.

Closings are as important as openings. Release the elements and directions if you called them to be with you in your Sacred Space. Just say, "Thank you for being here. You are released."

You can discuss what happened if Shakti prefers, or wait until later after things have settled.

If you choose, bathe together and be sure to drink lots of water.

We encourage Shakti to not run off to do something right away. Relax, let the process unfold on its own accord, enjoy.

Afterthoughts

It's possible that the first healing session may reveal little. Maybe during the second or later session Shakti will be relaxed enough to allow her hidden traumas to be experienced through yoni healing massage. This is an intuitive call. If Shakti believes additional sessions may be useful, go with it. Giver, don't try to talk her into it or out of it.

Don't try to change a lifetime of resistance and armoring in one session. Make some progress and come back later. If you run into reluctant hot spots, the following practice provides a powerful method for addressing them.

PRACTICE: Healing Hot Spots

Purpose

To clear the negative energy stored in any resistant hot spots.

Description

This practice can be added into a yoni healing session if you find a hot spot that doesn't seem to release or stay cleared. If you set up a separate session to focus on specific hot spots, don't simply dive into yoni until Shakti is relaxed, settling into body sensations, and opening her energy channels.

The more skilled the receiver is at using the four cornerstones of breath, sound, movement, and presence, the more powerful the cleansing. And the deeper the breaths, the more releasing is facilitated. This is why a vital part of yoni healing is for Shakti to breathe into numb, sore, or burning spots, especially in the face of strong emotions, to encourage energy release.

To speed up the healing process, use Orgasmic Breathing in the face of any strong emotions or cathartic reactions. Recognize that the venting, screaming, thrashing, sobbing, or anger are prompted by earlier traumas that have been awakened. Work together to clear the energy and the force of the imprint will cease to have any affect on the receiver.

The stronger the reaction, the more vital are the receiver's breathing and the giver's presence and eye contact. Stay with it and the energy will release.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Discuss Partnering Questions -- desires, concerns, boundaries -- in the moment.

Agree on any signals or alert words that you want to be prepared to use and respond to.

2. STIMULATING

Caress your own or your partner's whole body, long and sensuously, with oil if she wants. Begin without focusing on the most erogenous zones. As Shakti heats up, concentrate more on her breasts and other powerful external trigger spots. Don't forget to ask permission before touching yoni and clitoris. Be sure to use your communication skills to stay in touch and flow together. Continue stimulation until Shakti is highly aroused and wet.

3. PROBING YONI

Giver, with permission, approach and enter yoni as described in the previous Yoni Healing Practice steps 3 through 6.

Use slow penetration rotating through the clock positions as you did before.

You can't assume that the landscape of hot spots inside yoni will be the same as the last time. But if you are returning to work some affected areas that weren't completely cleared, you may want to move towards them more quickly than before. For example, you could enter one finger-joint at a time instead of one-half and stop at only 6 positions around the clock instead of 12.

4. BREATHING INTO HOT SPOTS

Giver, when you contact a hot spot, guide your beloved to use Orgasmic Breathing by saying, "Breathe into my finger. Move your pelvis around as you want. Make sounds that express what you're feeling. I'm here to support you."

5. FLOW ENERGY

Receiver, make sounds that seem to describe what you're feeling -- loud, guttural, animal -- thereby encouraging energy flow. Visualize the painful energy flowing out along with your exhalation. Even use PC Pumps to exercise the affected areas.

6. ENCOURAGE THE FLOW

Giver, you can assist energy release by breathing and sounding along with your partner. Also, you can sweep above the skin, blow gently, or softly caress along your beloved's inner flute from head to heart to belly to jewels, or the reverse.

7. CHAKRA CONNECTIONS

Giver, you can accelerate the clearing even further by connecting hot spots energetically with other chakras. Place your outside hand on the second chakra on the belly. Guide your partner with "visualize the energy flowing out of your yoni into the chakra under my other hand." Work your way up the inner flute by moving your hand up to the front of the other chakras, one at a time, and the back where possible. Abuse victims have reported significant energy clearing by placing the other hand at base of neck behind the fifth chakra.

8. PLEASURE DOWN

When you agree that you've done enough clearing for one session, consider ending on a high note as discussed in the previous practice if the Shakti desires. Focus on the most pleasurable areas of yoni with Orgasmic Breathing. Orgasm is a sweet way to seal the entire yoni healing experience but isn't necessary.

Afterwards, giver, withdraw slowly. Then cover yoni with one hand and Shakti's heart with your other. Cover her with a sarong or blanket. If she desires, lie in each other's arms, spoon, hug, comfort, or cradle her body. Lie together in silence, or sweetly share the experience while holding each other, as she prefers.

9. CLOSING

When you're ready to end the practice, close your Sacred Space and give each other a Heart Salutation.

Closings are as important as openings. Release the elements and directions if you called them to be with you in your Sacred Space. Just say, "Thank you for being here. You are released."

You can discuss what happened if Shakti prefers, or wait until later after things have settled.

If you choose, bathe together and be sure to drink lots of water.

We encourage Shakti to not run off to do something right away. Relax, let the process unfold on its own accord, enjoy.

7.6 Closing Section

In this chapter, we reviewed your basic Tantric nature, that of love, light and pleasure. We looked at cultural injunctions that block your ecstasy. Societal, religious, parental learnings and ultimately, personal judgments and fears that create beliefs block your access to the flow of orgasmic energy.

Energy is blocked when you experience internal conflict, also called resistance. Your natural desire is to flow and feel good, but there are so many rules that say, no, it's not okay.

When you feel guilt, fear, or shame, or you judge yourself negatively, you're experiencing the emotions of resistance.

We also looked at physical armoring as the physical manifestation of resistance and trauma. Physical armoring is the body's attempt to protect itself. Sadly, it also keeps the Goddess from fully experiencing the profound joys and health-giving properties of ecstatic sexuality.

This chapter is about healing resistance and pain, both emotional and physical, using the power of orgasmic energy, channeling it through the yoni and particularly the Sacred Gate.

Ecstasy is our birthright. We came into this world knowing how to feel ecstatic just by breathing. Tantra can help you release blocks and inhibitions by experiencing and increasing the flow of Orgasmic Energy, therefore enlarging your capacity for pleasure, joy and happiness in your sex life and ultimately in your whole life.

Chapter 8: Ecstatic States

"The essential thing is not to chase after ecstasy. It arises naturally if your presence in the world remains relaxed, without goals and constraints -- free, opened, and light." ----- from Tantric Quest by Daniel Odier

8.1 Opening Section

Purposes

The purposes of this chapter are to...

- Learn about the different pathways to orgasm.
- Practice exciting orgasmic triggers, individually and together.
- Learning how to increase ecstasy and reach the Orgasm Zone.
- Practicing incorporating Tantric energy practice into your orgasmic peaking.

You're Here For Ecstasy

The purpose of Supreme Bliss Tantra and the thrust of this ebook is to offer you more options for sensational ecstasy.

If you've read the chapters of Awakening The Sacred Gate in order, you've learned some new things. Hopefully, you've experimented with intimacy, spiritual connection, loveplay, openness, and healing. We hope you've enjoyed sensual and erotic massage of clio (clitoris), the Sacred Gate (G-Spot), and the whole body. We fully expect you've enjoyed some fantastic orgasms, maybe with different qualities and higher dimensions.

To get more, you could just try more fiddling and diddling. Friction sex is what some of our colleagues call it. Before learning about Tantra, you probably believed like most lovers that the goal of sex was orgasm.

But more often than not, untrained male lovers pushing for more and stronger stimulation ejaculate too soon. Their women feel they're missing something. Or worse, they feel used. Isn't there something more?

Yes, there is. This chapter is about using your sacred landscape, especially your Sacred Gate, to create higher levels of ecstasy. Ecstasy is...

Intense joy, delight, and elated bliss. An extraordinary elevation of the spirit by overwhelming emotion so intense that you're carried away beyond the reach of rational thoughts and ordinary impressions.

Get High With Tantric Sex

You've read it many times already. The path to higher states of ecstasy and Supreme Bliss is through channeling Kundalini (sexual energy) throughout your body.

We're going to use sexual friction for sure, but you're going to learn to include awakening the heart, the mind, the emotions, the spirit. You're going to learn to open your subtle energy system anchored by your chakras (energy centers) to these powerful physical life forces. In this way, you'll enliven your body and mind, open to the divine energies of the earth and sky, and connect more deeply with your beloved.

Here you're going to learn that women often respond most strongly to slow rhythmic stimulation when all their chakras are involved. We're going to teach you to create increasingly more physical excitement using Sacred Gate play while juicing up other zones, clio foremost among them.

But simply generating more energy localized in your jewels (genitals) may cause a big quick explosion. The peak of orgasmic climax may be great but it's quick. It can't compare to the lasting heights you're going to experience here. This can be true for the Goddess as well as those with highly sensitive pleasure sticks.

Pump Your Pleasure Balloon

To get there, we cultivate extended pleasure, instead of focusing on orgasm as the climax of the performance. Yet, those who practice sacred sexuality experience orgasms of Supreme Bliss.

How does this seeming contradiction occur? Tantric lovers experience the highest levels of ecstasy when they're completely relaxed in a high state of arousal. Concentrating, aiming, and pushing for the Big O prevents this. So as we've explained, Tantrikas relax in the moment, savoring every last bit of sensation they can muster, and let orgasm come to them.

That's why this chapter, which presents techniques to go higher and higher, covers the pathways to peak pleasure which often result in spectacular climaxes of many different varieties.

You're going to be actively playing with your pleasure balloon, that imaginary energy bubble inside you that limits and controls your capacity to feel. At rest, your pleasure balloon is collapsed around your jewels. As you get excited and Kundalini energy fills your container, your balloon expands.

Instead of letting sexual arousal build quickly and explode locally, you're going to learn to pump the energy into your pleasure balloon. The more you do this, the lighter you'll feel and the higher you'll float.

By the way, the more you practice, the bigger your bubble will stretch. The more you exercise your pleasure balloon, the more flexible it becomes, the easier it expands, and the larger it can get. Which means you feel more and get higher and higher.

Literally, the sky's the limit.

Understanding Orgasm

What do scientists tell us orgasm is (as if you need a definition)?

When you get sexually aroused, your sensitive zones swell with blood, your muscles tense up, your breathing deepens and speeds up as your heart rate increases. Orgasm occurs when that muscle tension is released at the peak of excitement accompanied by pulsations in your pelvis. Masters and Johnson found about 12 contractions within 10 seconds was the norm. Then your metabolism returns slowly to normal.

Does that fit with your experience? We bet you could add to that clinical description very colorfully. Scientists often forget to mention that it also feels great, uplifts your emotions, stops time, alters your consciousness, and creates an intimate merging with your beloved and the sometimes the whole universe. Let's not forget that it makes you healthier, too.

If Tantra isn't going to push for orgasm, why should you care about understanding them in greater depth?

To most people, successful sex means having one or more great orgasms. Sadly, many women struggle with climaxing, especially with maithuna (Tantric for intercourse or sexual union). A recent survey reported that less than one-third of women reach orgasm each time they have intercourse. The same survey reported that 10 to 15% of women have never had an orgasm.

Having spent years trying to make women come during maithuna, Somraj can attest to that last statistic. As we noted before, many men have their climax too soon for his partner to be satisfied. This is partly why Somraj wrote his personal success story in the best-selling ebook

Ultimate Ejaculation Mastery. Click here if you want to learn how to easily overcome premature ejaculation and prolong lovemaking...

<<http://www.tantraattahoe.com/uem.htm>>.

Playing With Orgasmic Energy

Because most lovers don't understand how to cultivate, circulate, and conserve the energy of orgasm, this chapter was born. When you learn how to play with Kundalini energy, you can make it last, feel it all over your body, and let it take you higher and higher. Then you'll feel as if you're having full-body climaxes over and over continuously. We often call this the O-Zone.

When we started on the path of Supreme Bliss Tantra during the mid-90s, neither of us were multi-orgasmic. Like many other women, Jeffrey's orgasms required effort. It took too much work to go for more than one. She was never aware of ejaculating. Like most men, Somraj couldn't separate orgasm from ejaculation, so he usually came rather quickly.

Realizing how much we were missing gave us strong motivation to learn about pleasure, ecstasy, and orgasm through Tantric practice.

Dancing in this powerful sexual life force is an art form. It's the highest form of intimacy, personal creativity, and self-love. Some call it inner alchemy, using Kundalini energy for personal transformation.

Dancing With Inner Alchemy

"You see, ecstasy is the natural human state. Ecstasy, the continuous experience of the divine through knowledge of our own nature, is our natural state." ----- from Tantric Quest: An Encounter With Absolute Love by Daniel Odier

Why will learning to play with Kundalini will transform your sex life?

The previous chapter about yoni healing addressed the sexually repressive climate most of us were raised in. What we didn't stress there is one of major consequences of this conditioning: rushing sex. We didn't want to get caught in the back seat of our dad's Chevy or on the living room couch. And we certainly didn't want anyone to walk in on us masturbating.

We weren't trained to view sexuality as a spiritual pursuit. When we were young, most of us were driven by hormones and approached sex solely as a physical act. In Tantra, we still revere these primordial forces between men and women. We just use them as one input that creates a sacrament, a sacred merger, not an animal episode.

In contrast to the extended, conscious, honoring interplay of Shiva (male) and Shakti (female) energies in Tantra, modern sex more resembles an irresistible sneeze. Biology snares us into awkward positions and we grapple. Sexual energy builds, and we give in to our own inner tide or to the pressure from our horny partner.

Normal Sex

With this kind of "normal" sex, we usually go for maximum turn-on until we quickly explode in a blaze of glory. Then, relaxation returns for a while until the biological forces build up again. Men take a while to recover, the average being 19 minutes in young men, getting progressively longer as they age. Some women also need to recover after an explosive clitoral orgasm.

Although, the explosion feels good, hasty men often roll over right afterwards and leave their partner wanting more. The promise of Tantra is that, using the same physical forces, you can both reach ecstatic states that feel sensationally better and last and last. The average "normal" lover doesn't have any idea what they're missing.

To engage in Tantric Sex, approach orgasm differently. Don't seek it, don't pursue it, just let it come to you. Don't push for release of energy, but savor every drop. Conserve and cherish it, spreading it around your body just the way you would roll a sip of expensive aged wine around your mouth.

That's where the ecstasy lies, beyond the Sacred Gate, and what this chapter will teach you.

EXERCISE: Orgasm Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- How would you describe your orgasms? How do they feel?
- How do you typically orgasm?
- How satisfying are your orgasms and peaks of ecstasy?

8.2 History Of Orgasm Section

Orgasmic History Starting With Freud

First, let's review the modern history of orgasm. Whether you know it or not, you've undoubtedly been conditioned by some of these myths and you're certainly affected by these physiological facts.

We bet you know lots about Sigmund Freud who developed psychoanalysis in Vienna before the second world war. Freud believed all our neuroses stem from sex. Whether you agree or not, at least he brought to the public's attention that the mind is the most powerful sex organ. When it blocks pleasure, sex isn't anywhere near as good as the original designer intended.

Freud believed that women could experience orgasm from clito or yoni stimulation. Unfortunately, he had to go further and say that vaginal orgasms were better, in that they represented the orgasm of the emotionally mature woman. Therefore, clitoral orgasms were immature and somehow lesser.

Do you feel less mature when you have great pleasure from clito stimulation? We hope not.

Many studies we've seen substantiate that 75% women don't experience vaginal orgasm. Was Freud telling the vast majority of women that they should feel less worthy because their peaks of clito pleasure were second class? Or did he intend that the pleasure they felt from other kinds of stimulation wasn't good enough?

Of course, in Tantra we believe all pleasure is a divine gift. Our personal and professional opinion is that clito and internal G-Spot orgasms are simply different, not better or less evolved.

It doesn't take a rocket scientist or member of the upper class to create and receive any kind of pleasure. Whatever feels good is good in our mind. We just think by studying and practicing we can learn to have more and more of that which transforms our life.

The Good & Bad News About The Wonderful Mr. Kinsey

Freud's orgasm theory wasn't officially challenged until the pioneering behavioral work by Alfred Kinsey in the 1950s. His team interviewed thousands and thousands of people to uncover the realities of modern sexual play, not just theory.

We have Alfred to thank for the first scientific validation of a wide range of erotic activities. Though Kinsey's efforts did swing the pendulum away from the vaginal-only orgasm camp, his methods unfortunately contained a serious procedural error.

He didn't want to be accused of "fiddling" with his research subjects so his team of gynecologists tested female erogenous zones with a device similar to a Q-tip. Aside from the fact that this doesn't sound very sexually arousing, today we know something Alfred didn't.

Yes, clitoris responds to soft touch and friction the like of which his Q-tip device could easily create. But yoni doesn't. Most of the deep recesses of yoni only respond to pressure, something that his little thingie wasn't designed to produce (in contrast to men's big thingies which are).

Masters & Johnson Broke Real Sexual Ground

A decade later, Masters & Johnson did a great service to our sexual lives in their groundbreaking 1960s' studies of people having sex in the laboratory. They more clearly defined orgasm and gave us the well-known four-stage model for sexual play: excitement, plateau, orgasm, resolution.

Too bad that they based some of their research methods on Kinsey's findings. One of their primary criteria for selecting lovers for their study was that the women had to be capable of masturbating to orgasm. So they left out women who responded differently, and concluded that the clitoris alone was responsible for orgasm in women.

Undoubtedly, they studied couples untrained in the ancient arts of love. Without knowing how to manage Kundalini energy buildup, circulation, and exchange, they worked exclusively with a limited view of sexuality which, in Freud's words, was immature.

All scientists are limited by their own world view. How can you ask questions about something that you know nothing about?

Enter The First Dr. G

While all this was going on, the G-Spot was mostly being ignored. More than two decades earlier, Ernst Gräfenberg, a German gynecologist, wrote a famous 1950 article about a highly erogenous zone on the upper wall of the vagina. He recognized the tissue was erectile and could produce powerful orgasms, even ejaculation.

Today, we know this is true for many women. We believe that most women can learn to enjoy these sensational sexual experiences through the practices in this ebook. But from what we've read, Kinsey, Masters, and Johnson -- along with the great majority of modern sexologists -- ignored his findings.

EXERCISE: Types Of Orgasm Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- What kind of orgasms did you have first?
- What kind of orgasms do you, the Goddess, usually have today?
- How are they different?

Putting The G-Spot On The Map

This began to change in 1982 when Alice Kahn Ladas, Beverly Whipple, and John D. Perry published The G-Spot And Other Discoveries About Human Sexuality. Their still best-selling book and its media acclaim firmly established this erogenous zone as a "spot."

As you learned in the Sacred Landscape Chapter, we prefer the term Sacred Gate over G-Spot since the spot isn't a specific piece of fixed tissue. In a recent email, John explained their reasoning for using this term...

"We toyed with several alternatives, such as 'Area,' 'Zone,' etc. and decided that all of them had both advantages and disadvantages. 'Spot' was a compromise between the lesser of many poor choices. What makes it difficult is that, not only is it different in different women, but it changes over the course of time within the same person. On top of that, there is no comparable organ with which to label it. Always bear in mind that "G Spot" is a "sexological" term. The correct anatomical term is 'Human Female Prostate'..."

Whatever you call clio, yoni, and the Sacred Gate, we just hope you accept your and your lover's body like the Star Trek movie, "The Undiscovered Country." Play, explore, and titillate whatever turns you on. That's our scientific position.

Other Orgasm Theories

In the 70s, sexologists Irving and Josephine Singer did their part to resolve -- or add to -- the orgasm controversy by identifying three types of female orgasm...clitoral, uterine, and blended (a blend of the other two). They were the first to report on the deep vaginal orgasms presumably caused by jostling of the cervix, the opening to the womb at the top of yoni.

The Singers found that different muscles and feelings were involved. In response to this, Ladas, Whipple, and Perry developed the two-nerve theory, claiming that different nerves feeding clio and the inner recesses of yoni and the uterus account for the reports of different kinds of orgasms. We thank them all for identifying different physiological pathways, and introducing the idea of blending various sources of sensation.

There are other theories of orgasm out there. The continuum proposal theorizes that there's a spectrum of climaxes triggered by clio at one end and the uterus at the other. Some believe the truth is closer to a model of overlapping spheres, which counteracts the linear male-centric mindset of most sexuality research. Foremost among them are Jennifer and Laura Berman who wrote For Women Only.

Classifying Orgasm

We included the history of orgasm because we thought some of you might be interested and would provoke some introspection and motivation for more. But, frankly, we're not very interested in the scientific categorization of what brings us pleasure.

Why bother applying rigid labels to sexual climaxes when we and the members of our Tantric family have so many different kinds in so many ways? Any of these theories are just that, ideas, that can only provide a vague approximation of what's really going on inside our bodies, minds, and spirits.

The whole body and your most sensitive tissues are interconnected anyway. Different nerves feed clio and yoni creating orgasms that sometimes feel different. If you learn to transmit Kundalini energy as Tantrikas do, why couldn't excitement in one place -- the lips, a breast, a clio, even a toe -- cause a great orgasm deep inside? It can!

Playing with different models can help you understand what's happening inside yourself when you're getting really juiced up. Then you can take responsibility and guide your own pleasure. By knowing what the possibilities are, you can better guide your partner to reach higher realms of ecstasy.

Which is of course the whole point of Tantra, believing these high states will provide the energy to transform your consciousness. Whatever you believe, it's great fun.

Stairways To Heaven

Our teacher, Margot Anand, is fond of saying...

"There are as many kinds of orgasms as stars in the sky."

We know there is a myriad of different orgasms. No doubt, different folks experience them in different ways. Instead of classifying them, we want to explore different physical pathways to orgasm with clio, yoni, vajra, and Sacred Gate. Tantra adds the whole spiritual dimension to this journey when you learn to use Kundalini to experience Tantric Orgasm. With many of these pathways, lovers can experience single, multiple, and extended orgasm. And reach the continuous state of climax we call the O-Zone.

Yes, just as we know that playing with vajra makes men climax, playing with clio can help women climax. And it is good!

Yes, we know there are magic places inside men and women that are orgasmic triggers. We're talking about the mysterious G-Spot, of course. And, wow, is that good!

Yes, men have G-Spots, too.

We find blending Sacred Gate excitement with that of clio, vajra, and other sensitive zones propels us to new heights.

Yes, we regularly experience Tantric Orgasm from the circulation of sexual energy: ecstatic vibrations all over our bodies and peak pleasure for minutes that sometimes extends to hours.

Tantric lovers use all kinds of sexual play to begin detonating Tantric Orgasm and reach the O-Zone. Imagine having your most powerful triggers creatively loved while you're in the throes of extended peak pleasure. The long slow buildup and the rhythms of peaking and plateauing are well worth the trip. More about this later.

While we're on the subject, let's not forget that many experience the same kind of climaxes in the heart, the head, or the other subtle energy centers we call chakras. Jeffre recently had her first thumb orgasm when her hand was being sucked after a long, full-body peaking experience.

EXERCISE: Ecstatic Orgasm Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- How long are your orgasms?
- What parts of your body trigger your orgasms?
- Are you multiply orgasmic?
- What role does Kundalini play in your orgasms?

8.3 Physical Pathways To Orgasm Section

"Before I understood how to open with you, I tried giving you orgasms so I knew I was a good lover. But now, all I want is your surrender. I want your heart's pleasure to ripple through your open body and saturate my life with your love. Your body's openness to love's flow draws me into you, and through your heart's surrender I am opened to the love that lives as the universe.

Whether you have an orgasm or not while we make love, your body's trust and devotional openness is my secret doorway to love's deepest bliss." ----- from Dear Lover by David Deida

That Explosive Blaze Of Glory

Unless you're a Tantra or Yoga master, you probably experience sex and the way most people do, as tension release. The average lover builds up sexual tension in their body when they get turned on. Untrained lovers too often treat lovemaking as a way to relieve this pressure.

These mini-explosions release energy quickly in a few-second flash of pleasure, sometimes with a big wet spot of the male seminal variety.

There's nothing wrong with a hot quickie now and then. You know we revere pleasure in all its forms. It's just that explosive orgasm, more so for men when accompanied by ejaculation, often drains lovers of their vital essence, not to mention their interest or ability in continuing sexual play.

There are alternatives to releasing Kundalini that we'll get to shortly. Of course, if you've ever had an earth-shattering mind-blowing consciousness-altering explosion, you'll surely enjoy repeating it. So before we consider transcendent experiences, we're going to directly celebrate the pathways to explosive climax.

Treat Clio Right -- It's Worth It!

How many lovers struggle with achieving just a single orgasm? Females struggle to have one. Many men work hard to control themselves to prevent squirting from happening too soon so their partner can reach the peak at least once. We can't count the number of clients of each gender who couldn't get all the way there any more after beginning new medications.

In this journey to higher ecstasy, you can achieve great benefits by studying your patterns, pathways, and triggers of sexual climax. Both men and women can more easily experience orgasm, ejaculation, separate the two, and choose which they want when.

Though women can experience orgasm in many ways, clio stimulation is typically the fast track to one or more releases.

We agree with Kinsey and Masters & Johnson that this is the primary sexual arousal pathway most women receive. It has the most dense nerves, responds quickly, and is easily accessible. During self-pleasuring, oral play, and even most maithuna, clio plays the major part.

Yes, vajra provides major clio friction when inside yoni for many women due to their anatomy.

One drawback to clio play is that having the correct approach is crucial. Many clios are shy, hiding under their protective hood, making them difficult to discover. Many are super-sensitive, so much so that direct contact too soon can be shocking, even painful.

The Symptoms Of Explosive Orgasms

Don't get us wrong. Clio play is wonderful and a vital part of Tantric LovePlay because it's been known to spark fabulous orgasms. Let's look deeper into the mechanics of a clio-induced explosion.

When you get sexually aroused through physical stimulation, your sensitive zones swell with blood, your muscles tense up, your breathing deepens and quickens as your heart rate speeds up. During orgasm, your heart rate more than doubles and your breathing accelerates more than three times normal.

Orgasm occurs when that muscle tension is released at the peak of excitement accompanied by about a dozen pulsating involuntary muscle contractions in your pelvis. Your face, arms, legs, stomach, and butt contract. Your skin suddenly gets flushed so that you're suffused with warmth all over. Suddenly, it feels as if everything stops.

As you're overwhelmed with an intense flood of sexual pleasure, you lose touch with the outside world for a moment.

Single Clioorgasms

The single female clio-induced orgasm lasts from 4 to 19 seconds accompanied by rhythmic rapid one-second clenches of the outer third of inner yoni, the part nearest the opening. The PC muscles, which surround yoni's walls an inch or two inside the opening, tighten and pulsate.

In contrast, deep yoni tents at this kind of orgasm, enlarging its inner two-thirds and lifting up into the body along with the uterus. It feels as if a finger or vajra inserted deep inside yoni is being squeezed at the outside end, while the inside or top of yoni noticeably loosens and widens.

Some describe clio orgasms as intense and others not. Many report orgasms can be achieved quicker with clio play than with maithuna. Though clio orgasms can be intense and spread throughout the body, women often describe them as more superficial than deeper Sacred Gate climaxes.

After an orgasm, clio may retract and once again hide under her hood. If you found her sensitive at the start of play, you'll be amazed at how much more delicate your contact has to be after orgasm. That is, if she'll let you touch her at all for a while.

PRACTICE: Solo Clio Orgasm

Purpose

To give maximum pleasure to your own clio to more deeply enjoy single explosive orgasm.

Description

This practice is nearly a repeat of the solo clio play practice in the Sacred Landscape Chapter. There we guided you to play with all the pleasure you could conjure. Here we encourage you to go even further over the top.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Remember, you're taking time for you, the Goddess.

Arrange yourself nude in a comfortable reclining position with legs spread propped on pillows, leaning against your bed headboard, or using a backjack.

Use pads or towels in case you're worried about soaking the bed.

You may want to do this practice in front of a full-length or hand mirror to watch what you're doing.

2. TOUCHING

Begin by slowly touching, caressing, and arousing yourself. Start at the perimeter and circle towards yoni: legs, thighs, face, neck, tummy, breasts. Take your time and enjoy. Be sure to relax, breathe deeply, and make sounds that express what you're feeling.

3. YONI

Touch yoni gently and lovingly in the manner you prefer. As she begins to warm and open, add whatever lubricant you prefer.

4. CLIO

Awaken clio with soft slow circles and straight strokes on her shaft and sides. Try clockwise and counterclockwise, up strokes and down strokes.

Vary your speed. Going too fast for too long can make clio numb.

Experiment with different moves, fingers, and positions to discover new things that clio likes. Some women really like to gently squeeze clio between thumb and forefinger. Try moving your thumb and forefinger in opposite directions on clio's sides with varying speeds and pressures.

5. MORE

As you get turned on, continue experimenting by modifying the speed, pressure, and directness of your strokes on clio. Always go in the direction of what feels good.

6. ORGASMIC BREATHING

Use Orgasmic Breathing to spread sexual energy around your body and intensify the sensations of pleasure you're giving yourself.

7. ORGASM

Tantra focuses more on continuing pleasure than orgasm. Get as high as you want by filling your pleasure balloon full with delicious energy. When you're ready, go for a big explosion with full consciousness. Then, relax as much as you can. Watch what happens inside and out. Enjoy!

8. CLOSING

When you decide to end your session, slowly relax and slow your movements down. We really like the energy connection of one hand on yoni, one hand on your heart at this point. Simply feel your body, mind, emotions, and spirit. Reflect what was best, what you discovered, what you want more of, what less. Close your Sacred Space by releasing the directions with a bow, hug, or silent and a verbal acknowledgment of yourself, giving thanks for the pleasure your body brings you.

PRACTICE: Partner Clio Orgasm

Description

Shakti, if you have a partner you want to share your clio discoveries with, here's your chance. We just adjusted the instructions of the Solo Clio Orgasm practice so you can guide your lover to do all the work.

Purpose

To share with a lover how to help you enjoy explosive orgasmic pleasure from your clio.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Begin with the Partnering Questions...

1. What are your intentions for this practice?
2. What are your concerns (worries)?
3. What are your boundaries (physical or psychological)?

Arrange yourself nude in a warm room in a comfortable reclining position propped on pillows, leaning against your bed headboard, or using a backjack. Make sure you can spread your legs allowing your partner full access to clio and yoni. Use pads or towels to guarantee that you're not worried about soaking the bed.

2. TOUCHING

Ask your lover to begin by slowly touching, caressing, and arousing you. Take your time and enjoy. Be sure to relax, breathe deeply, and make sounds that express what you're feeling. A good partner will gently remind you if you forget. Stay focused on your pleasure.

3. YONI

Ask your lover to touch yoni gently and lovingly. (A Tantric lover only approaches yoni with permission.) As yoni begins to warm and open, ask your lover to add the lubricant you prefer.

4. CLIO

Ask your lover to awaken clio with soft slow circles and straight strokes on her shaft and sides. Gently and lovingly, give your lover guidance and feedback to learn clio's preferences. Remember to use the Feedback Sandwich (compliment, change, acknowledge).

5. MORE

As you get turned on, guide your lover to modify the strokes to please clio to the max. This may include increasing the strength and speed of the stroke or varying it as the Goddess wishes. Play with the speed, it can make an enormous difference.

6. ORGASMIC BREATHING

Use Orgasmic Breathing to spread sexual energy around your body and intensify the sensations of pleasure you're giving yourself. The more you integrate breathing, moving, and sounding in this way, the fewer words you'll need to use. Your responses will be obvious.

7. ORGASM

Use the energy you're generating to fill your pleasure balloon and take you higher and higher. When you're ready with your partner's cooperation, go for a big explosion. Watch if it feels any different from the solo experience. Enjoy!

8. CLOSING

When you decide to end your session, slowly relax and slow your movements down. We really like the energy connection of one hand on yoni, one hand on her heart at this point.

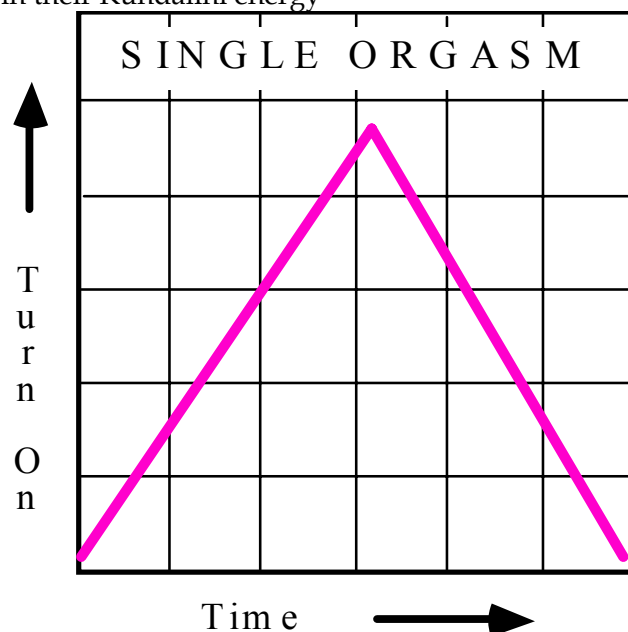
Give each other a Heart Salutation and do whatever works for you to give thanks for the pleasure you've received.

Be sure you acknowledge each other and give feedback. This is a time for expanding your awareness and sharing it with one another. Reflect what was best, what you discovered, what you want more of, what less.

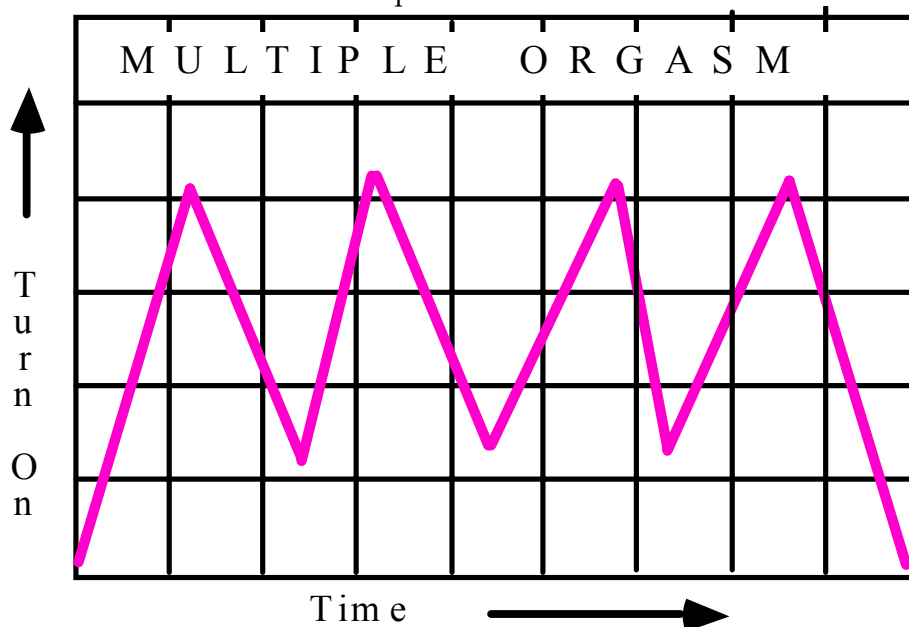
Close your Sacred Space.

Multiple Explosive Orgasm

After a single explosive orgasm, sexual excitement declines steadily to the rest state before arousal. The release of tension is relaxing. After ejaculation, men often fall asleep. Some women have a similar reduction in their Kundalini energy



However, with the right attitude and action, there's no reason why you can't experience multiple occurrences of the single explosive orgasm. After one, your excitement will naturally dip down a bit. By continuing or resuming effective stroking as soon as you're ready, you can have another climax at the same level as the previous one.



During multiple orgasm, a lover's finger or vajra inside yoni would feel about 10 seconds of contractions, then no contractions while you pause as long as you need, then another 10 seconds of contractions after more stroking, and so on. Many lovers report that this cycle can be repeated many times.

PRACTICE: Multiple Clio Orgasm

Description

You liked one. Want to go for more? Here's your chance.

Purpose

To experiment with multiple clio orgasms.

1. REPEAT

Repeat the Solo Clio Orgasm Practice, steps 1 through 7, until you have a big explosion.

2. CONTINUE

As soon as you can touch clio again, continue stroking and massaging her. Go for another explosive experience.

3. EXPERIMENT

If multiple clio orgasms don't come easily for you, experiment with different uses of Orgasmic Breathing. PC pumps and energy visualizations especially may help make repeat performances easier. Also, test out different strokes on your subsequent experiences to see if different kinds of stimulation make multiple climaxes more possible.

4. PARTNER MULTIPLES

Teach a partner what you learned solo. Then you can lay back, relax, and enjoy a string of clio explosions without doing much. This is the kind of love and adoration the Goddess deserves.

5. CLOSING

Close your Sacred Space as appropriate.

Yoni Orgasms

As wonderful as multiple clio orgasms are, climaxes induced inside yoni have their own special qualities. What exact role the womb and G-Spot play in vaginal orgasms are still under scientific study. The Singers and others have written that pure yoni orgasm occurs in the uterus as a result of jostling the cervix. Some believe the G-Spot is the physical pathway to yoni orgasm. Though research is still underway today, some things are clear.

Sacred Gate (G-Spot) orgasms are longer and deeper than those of the 10-second variety, even multiple ones. Some report that they commonly last 45 seconds, while others say they can go on for many minutes. They involve the deep pelvic muscles including the big muscles of the uterus.

Remember that an explosive clio orgasm causes deep inner yoni to tent, gripping near the mouth and opening up inside near the cervix.

Yoni does the opposite during Sacred Gate Orgasm. The outside third of yoni relaxes along with the PC muscle, opening her entrance wider. Her inner muscles tend to push out, closing the vaginal space. Perry and Whipple called this the "A-frame effect" in contrast to the tenting effect.

A G-Spot orgasm is often accompanied by deep contractions that feel as if the uterus is pushing down towards yoni's opening. A finger, dildo, vibrator, or vajra can be forcibly ejected during this inner climax. As can amrita, the fluid that accumulates in the female prostate.

Does this help you to understand the mechanics of female ejaculation?

Sacred Gate Orgasm

Here's what women say about Sacred Gate Orgasm as compared with peaks brought on through clio awakening alone...

Extended

Sacred Gate Orgasms are longer with more intense contractions than clio climaxes. They report wave after wave of spasms making them shake, shudder, and vibrate all over like nothing they've experienced otherwise.

Deeper

Sacred Gate Orgasms are experienced far deeper. They feel as if they're pushing a woman's insides out. Some report it feels rooted deep within. Others describe it as whole sex erupting from heat that starts within their core and spreads throughout whole body. One said it's like a river running loose inside.

Powerful

Sacred Gate Orgasms are stronger and more moving than clio climaxes. They're described as a complete rush, hitting the entire body like a storm. Like a volcano of fireworks exploding from yoni that makes the whole body feel like it's on fire. Or like an earth-shaking tidal wave that sweeps the woman to a higher plane outside and above her body.

Overwhelming

Some women describe Sacred Gate Orgasm as overwhelming, causing them to lose control. They numb out, pass out, or get weak in knees. Their eyes glaze over and they scream like never before. Some say they lose all sense of reality, almost as if they were out of their body.

If it wasn't clear before why the G-Spot is the Sacred Gate To Supreme Bliss, we hope you're finally getting the point.

Where Do You Go Afterwards?

Universally, women report the deeper orgasms resulting from yoni play are much more fulfilling, but also much more emotional, as the above differences point out. Probably, many Goddesses aren't fully prepared to feel the full power of their unleashed Kundalini.

As you'll read shortly about Tantric Orgasm, we don't necessarily believe losing touch with reality creates the best sexual experience. It's possible that these women are holding their sexual selves under tight rein. Losing their firm grip is for them a brief respite from the control they continually exert over themselves. Or maybe the feeling of leaving the body is comforting for an instant.

In Tantra, we don't use sexual pleasure as an escape. We want you there, fully present. That's where the ecstasy is.

Women report that, once started, they don't want Sacred Gate Orgasm to stop. But when it does, they continue to feel dazed and relaxed for hours. Some report aftershocks that go on and on. Another great side benefit is that the Goddess will be increasingly desirous of sexual play in the immediate future.

Clearly, G-Spot play is a doorway into more powerful experiences than most women have with external excitement. Maybe this is because of the deeper pelvic nerve pathway that feeds the female prostate along with the bladder, uterus, and inner PC muscle.

PRACTICE: Solo Sacred Gate Orgasm

Purpose

To give yourself a Sacred Gate Orgasm.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Remember, you're taking time for you, the Goddess.

Arrange yourself nude in a comfortable reclining position with legs spread propped on pillows, leaning against your bed headboard, or using a backjack.

Once aroused, you'll probably have to get up on your feet or knees to reach your Sacred Gate.

Use absorbent pads or soft towels in case you're worried about soaking the bed. Be sure your bladder is empty before you begin.

You may want to do this practice in front of a full-length or hand mirror to watch what you're doing.

2. TOUCHING

Begin by slowly touching, caressing, and arousing yourself from the perimeter and circle towards yoni. Caress outer yoni and clio with your preferred lubricant to get them both real hot. Then lick or lubricate a finger and slowly circle around yoni's opening, gradually going deeper inside with an in and out stroke. Take your time and enjoy

because your G-Spot may not come out to play unless you're really turned on. Be sure to relax, breathe deeply, and make sounds that express what you're feeling. You might enjoy a juicy fantasy to ramp up your turn-on.

3. LOCATE

When you're aroused enough, you'll begin to feel some places on yoni's front wall lining become rougher and more wrinkly like corduroy. You might feel the glands harden beneath the surface somewhere between yoni's inside end (cervix) and the urethral meatus near her mouth. With a few minutes of continued stroking, your Sacred Gate will swell and get larger and harder much like clio and vajra do.

4. SQUAT

If you find you can't reach deep enough inside or your muscles start protesting, continue on your knees or squatting on your feet. Some experimenting may be necessary to find the most comfortable position for G-Spot access. A curved dildo or vibrator can help get your Sacred Gate aroused for easier palpation, i.e. you can feel it better.

5. PRESSURE

Gradually increase the pressure on the rough and hard spots on yoni's front wall with in and out strokes about once per second. Curl your finger around the pubic bone when fully inserted, making a come hither motion as you pull your hand out.

6. DON'T STOP

As your Sacred Gate gets more engorged, you may feel a sense of urgency, the P-Signal -- the sensation you have when you're sure you have to pee. This means you're really getting there. Remember, you just emptied your bladder. Simply breathe and continue and the feeling will pass.

7. GO FOR IT

Use Orgasmic Breathing to intensify and spread sexual energy around your body. Enjoy one or more powerful Sacred Gate Orgasms. Afterwards, instead of stopping abruptly, be sure to cover yoni with your hand as you gradually cool down.

8. TOY

Whenever you decide the time is right, switch to using a vibrator or dildo for more stimulation. This is where the Crystal Wand really shines, giving you leverage to apply strong pressure around behind your pubic bone. The Sacred Gate loves pressure.

9. CLOSING

When you decide to end your session, slowly relax and slow your movements down. We really like the energy connection of one hand on yoni, one hand on your heart at this point. Simply feel your body, mind, emotions, and spirit. Reflect what was best, what you discovered, what you want more of, what less. Close your Sacred Space with a bow, hug, or silent and a verbal acknowledgment of yourself, giving thanks for the pleasure your body brings you.

PRACTICE: Partner Sacred Gate Orgasm

Purpose

To teach your lover to give you a Sacred Gate Orgasm.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Begin with the Partnering Questions...

1. What are your intentions for this practice?
2. What are your concerns (worries)?
3. What are your boundaries (physical or psychological)?

Arrange yourself nude in a warm room in a comfortable reclining position propped on pillows, leaning against your bed headboard, or using a backjack. Make sure you can spread your legs allowing your partner full access to clio and yoni. Use pads or towels to make sure you're not worried about soaking the bed.

2. TOUCHING

Ask your partner to begin by slowly touching, caressing, and arousing you from the perimeter and circle towards yoni. Have your beloved to caress outer yoni and clio with your preferred lubricant to get them really hot. Then give your partner permission to insert a lubricated finger and slowly circle around yoni's opening gradually going deeper inside with an in and out stroke. You are the Goddess and are in charge. Ask specifically for what you want, even if it differs from this description. Take your time and enjoy because your G-Spot may not come out to play unless you're really turned on. Be sure to relax, breathe deeply, and make sounds that express what you're feeling. Remember the 4 cornerstones of ecstasy: breath, sound, movement, and presence.

3. LOCATE

When you're aroused enough, your lover will begin to feel some places on your front wall lining that are rougher and more wrinkly like corduroy. They might feel the glands harden beneath the surface somewhere between yoni's inside end (cervix) and the urethral meatus near her mouth. With a few minutes of continued stroking, your Sacred Gate will swell and get larger and harder much like clio and vajra do.

4. PRESSURE

Guide your partner gently to gradually increase the pressure on the rough and hard spots on the upper wall with in and out strokes about once per second. Have them curl their finger around the pubic bone when fully inserted, making a come hither motion as they pull their hand out.

5. DON'T STOP

As your Sacred Gate gets more engorged, you may feel a sense of urgency, just like when you're sure you have to pee. This means you're really getting there. Remember, you just emptied your bladder. Simply breathe and continue and the feeling will pass quickly.

6. GO FOR IT

Use Orgasmic Breathing to intensify and spread sexual energy around your body. Enjoy one or more powerful Sacred Gate Orgasms.

7. TOY

If you want, let your partner switch to using a vibrator or dildo. The Crystal Wand can really assist your lover as well, providing leverage to apply strong pressure around behind your pubic bone. Some women like intense pressure and it's hard for some givers to maintain that kind of pressure with fingers alone.

8. COOL DOWN

When you're ready to stop, be sure your partner knows to follow your lead so they don't abruptly break contact. Instead, have them cup and hold yoni with their palm, while their other hand is on your heart. Look in each other's eyes and breathe together.

9. CLOSING

When you decide to end your session, slowly relax and slow your movements down. We really like the energy connection of one hand on yoni, one hand on her heart at this point.

Give each other a Heart Salutation and do whatever works for you to give thanks for the pleasure you've received.

Be sure you acknowledge each other and give feedback. This is a time for expanding your awareness and sharing it with one another. Reflect what was best, what you discovered, what you want more of, what less.

Close your Sacred Space.

8.4 Energy Pathways To Orgasm Section

*"...The solid bodies of the two lovers begin pulsating as if charged with electricity. The feeling of having solid flesh disappears. You are suddenly a pillar of vibrating energy held in exquisite balance by your lover's field of energy. This is a total orgasm of body and soul." ----- from
Taoist Secrets Of Love by Mantak Chia*

The "C" Word Is A Good One

Not every woman opens to Sacred Gate play quickly and easily. Early direct clito stimulation doesn't work for every woman. Blending the two is a powerful combination, but getting there takes consciousness of the receiver, skill of the giver, and communication between the two.

Diving straight in to using physical techniques alone isn't the guaranteed path to sexual success.

How often have you heard the complaint about that men just want to pump and skip the foreplay? Women want connection, intimacy, love, or at least something more than just physical fiddling. They want sex to have meaning.

Now, guys, we're not trying to scare you off with the big C word here (commitment). Rather, we're trying to expand everyone's consciousness (the bigger C word) to other dimensions of peak sexual pleasure. We want to bring the awareness of subtle energy into the bedroom.

Adventuresome lovers often get hooked on stronger and stronger physical stimulation in an attempt to create more and more pleasure. We encourage everyone to play with all the pathways that intensifying sensation and orgasm. It's the addiction to stronger "external" stimulation that troubles us.

In contrast, by opening all senses fully, Tantrikas become more sensitive to every sensation, no matter how subtle. We learn to immerse ourselves in the most delicate whiff of pleasure and transform it into surges of ecstasy. That's why in Supreme Bliss Tantra we call S.E.X. Subtle Energy eXchange.

Capacity For Pleasure

One of our Tantric mottos is "more, More, MORE!!!"

An amazing discovery every Tantric student makes is that they have ingrained limits to how much pleasure they can experience. If your pleasure balloon is restricted to the small area of your jewels, it can fill up too rapidly and explode, creating an explosive orgasm.

Somraj has always wanted it all, and used to think he could take as much excitement as he and his lovers could muster. It was a sobering moment when he discovered that he had limits, too. Early in his Tantric training, he often had such intense sexual sensations that there were almost painful. Through practice, he's expanded his capacity for pleasure.

Where will it stop, nobody knows.

If you're trained to open your inner flute and spread the Kundalini, it's as if your pleasure balloon fills your whole body gradually. By slowly stretching it, more and more energy is contained without the wonderful but brief explosion that virtually pops your bubble.

Slowly expand the balloon to fill your whole body with Kundalini energy and you feel the powerful vibrations of orgasm continuously everywhere. That's the prospect of Tantric Orgasm.

Tantric Orgasm Is An Energy Event

Tantric Orgasm is an energy event. Truly, nothing compares to using subtle sexual energy to reach spectacular crescendos of ecstasy.

To harness sexual energy to cultivate Tantric Orgasm, you open your inner channels to its flow, as described in the Sacred Tantric Sexuality Chapter. Then you can conjure up energy mentally and excite your body. The medical term is *auto-eroticism*, turning yourself on without any physical stimulation.

Tantrikas cultivate the inner nervous system climax. Instead of exploding and throwing it away in a quick burst, Tantra teaches us to recycle Kundalini. We pump the energy of an impending high peak back inside our pleasure balloon and circulate it repeatedly. We call these "implosive orgasms."

The secret of Tantric Orgasm is to spread the powerful sensations from each part of your jewels throughout your body. Then the energy implodes, massaging your mind, body, and spirit instead of being released by an explosive orgasm. You do this with your breath, your attention, your intention, and practice.

When you can circulate orgasmic energy as sexual play stimulates your erogenous zones, you don't restrict the excitement to a small confined area. Rather, you spread the electricity. When your pleasure balloon is as big as or bigger than your body, anywhere inside and out can get as excited as your jewels do during an explosive orgasm. As the sexual forces surge throughout your body, instead of seeking explosive release, they keep surging higher and higher.

As the Kundalini expands, it floods your entire body with pulsing orgasmic contractions and continuous wavelike vibrations. You shake all over, engulfed in surge after surge of pure liquid fire.

By conserving and channeling orgasmic energy within, orgasm becomes a sacred energy event, an intimate communion, a bonding of life forces, separate and distinct from momentary tension release.

Implode Don't Explode

With explosive orgasm, purely and simply, you discharge like a lightning bolt and lose energy. You expend the fuel that can propel you to higher states. With implosive orgasm, you still experience heart-opening mind-blowing peaks of pleasure. You just do it in a different way.

Often, beginners resist the whole notion of giving up ejaculation. We understand why. They've equated explosive orgasm with the peak of sexual ecstasy. We're not trying to talk you out of the best feelings possible here. Guys, enjoy squirting when you want to. Rather, we're suggesting another pathway, another option for you to play with at times.

Somraj used to feel the same way, never wanting to miss the luscious dessert after the great meal. As he became more and more trained in the art of sensual loving and became multiply orgasmic, he changed his mind. Now he prefers floating at peak pleasure because it's more intense than any ejaculation he's ever had.

Don't give up anything. Just take your time and shift your attention to the higher, finer frequencies of the life forces percolating inside you that you miss when you're madly humping away.

When men learn to relax this way, orgasm becomes different from physical ejaculation and they find they can and want to go on and on higher and higher. For women, they find themselves opening to more and deeper dimensions of life, love, and intimacy.

When Kundalini energy streams throughout the body, it's as if every cell is climaxing. Yes, those same ecstatic vibrations you normally feel in your jewels during an explosion, you feel them everywhere.

ESO

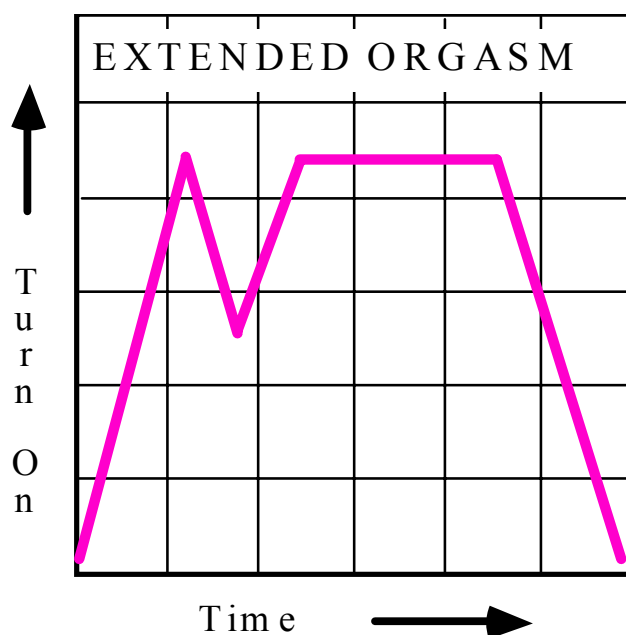
Alan & Donna Braeur's book, ESO: How You and Your Lover Can Give Each Other Hours of Extended Sexual Orgasm, provided another valuable piece of the orgasmic puzzle when published in 1983. They identified three zones (categories) of orgasm: single, multiple, and extended.

While singly and multiply orgasmic folks have wonderful explosions of equivalent intensity, extended sexual orgasm is a state of continuous ecstasy that climbs endlessly. Even back in 1983, the Braeur's knew that the G-Spot is the Sacred Gate to the ultimate sexual ecstasy. Clio play, according to them, usually only results in single or multiple explosions at roughly the same level of pleasure.

Maybe because Alan is an M.D., their modern approach is decidedly clinical, not spiritual. Yet, their book helps to explain how building and conserving sexual energy can bring lovers to higher and higher levels of pleasure.

What Is Extended Orgasm?

Beyond one or multiple orgasms lies extended orgasm, a state of continuous peak pleasure that lasts longer and feels more ecstatic than any of the 10-second bursts of release just described. If you flow with it, the pleasure level of extended orgasm climbs higher and higher, becoming increasingly intense, reaching amazing states of ecstasy.



Extended orgasm usually starts with single or multiple climax in most women and men, the male version without ejaculation. Once started, lovers feel as if they're actively reaching for more and more pleasure. Later on, extended orgasm becomes self-sustaining, requiring little or no effort for the continuous slow contractions to surge for minutes or even hours.

Most women need Sacred Gate play blended with clito arousal to enter this zone. Some sexually adept women can enter this state with clito or other stimulation alone, or even without sexual stimulation. But there's much more than stimulation involved, which is probably why so few women experience Extended Orgasm.

Entering Extended Orgasm

In short, to enter this state, the receiver must relax, let go, and surrender to the incredible sensations of pleasure sweeping through her.

By learning extended Tantric Orgasm, men can learn to become multiply orgasmic, too. Tantric practices teach men to separate ejaculation from orgasm by shifting their focus from orgasm to pleasure, from their jewels to their whole body, from explosion to subtle energy. More about this in the final bonus Male G-Spot Chapter.

You might say the Goddess needs to jump-start the meditative state by relaxing and fully opening. Because most can't go from zero to 60 instantaneously, occasional leveling helps. They ramp up, absorbing pleasure that fills their balloon a little, and then float for a moment before climbing higher with more stimulation.

In the Kama Sutra Sex Positions Chapter, we'll show you how to use maithuna, full sexual union, to strongly awaken the Sacred Gate. We want you to experiment with sexual positions popularized by the Kama Sutra. Soon you'll be a seasoned veteran of lovemaking postures.

Extended Tantric Orgasm

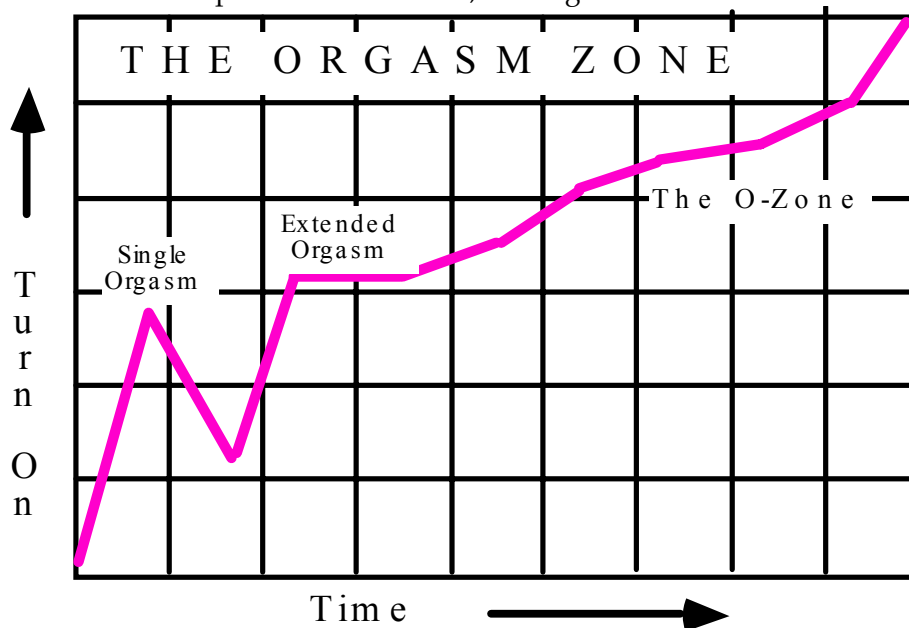
If it's not obvious that energy-based Tantric Orgasms are long-lasting, let's make it absolutely clear. Because sexual energy is conserved instead of expended, these streams of ecstasy can go on and on. It's the ultimate in recycling, the ultimate experience of prolonged peak pleasure.

The vibrations that engulf your entire body with wave after wave of intense ardor can go on for minutes, even hours.

Notice how similar the descriptions between energetic Tantric Orgasm and physical Extended Orgasm? Both involve continuous contractions with peak pleasure. Physical excitements and running energy are two pathways to endless ecstatic vibrations. The only difference we see is, the ESO approach is purely physical. Add in the ability to channel, recirculate, and exchange energy with Tantric Orgasm and the sky of Supreme Bliss is no limit.

The O-Zone

Beyond excitement, beyond single orgasm, beyond multiple climax, and even extended orgasm lies the rarefied atmosphere of the O-Zone, the Orgasm Zone.



Like an Olympic gold medalist who reaches the "zone" where impossible athletic feats come to them effortlessly, the trained Tantrika can reach this state of streaming unheard of amounts of pleasure through their body continuously.

The O-Zone is a timeless place where you float without effort and the ecstasy soars of its own accord. In this meditative, altered state of consciousness, your heart rate and blood pressure actually go down. The boundaries with your beloved disappear as you merge with the entire cosmos. Anyone who's been there will tell you that they want to stay forever, never wanting the Supreme Bliss to end.

A hallmark of this state is that it doesn't have to end until you choose to stop. Wonderfully, you'll stay aroused considerably above your resting state for up to 24 hours. During this time, those delicious orgasmic contractions can easily be restarted, sometimes just by remembering. Not only does it feel awesome, but it's good for you. You'll feel less irritable, less tense, and less stressed. You'll feel healthier, happier, more relaxed.

In these glimpses of a higher dimension, we enter a timeless void and seem to become one with the universe. We feel our bodies, minds, and spirits merging with our beloved. We enter an altered state of awareness. In this rapture, it seems as if our physical limitations disappear and we float with all boundaries dissolved.

Suddenly we're open to flowing pure positive energy from our innate blissful source. We become a conduit for communion between earth and sky, the physical and the spiritual.

Where Is The O-Zone?

How do you reach the O-Zone? By learning to...

- Develop the Tantric mindset of meditative sex,
- Master the skills of Tantric loveplay and yoni massage,
- Heal your sexuality,
- Stream Kundalini energy, and
- Pump, pump, pump your pleasure balloon totally full while
- Relaxing completely.

Then you can...

- String together a series of multiple implosions using clio and Sacred Gate play,
- Channel your energy to create long-lasting energetic Tantric Orgasms, and
- Get out of your own way and let the divine powers take you of their own accord.

That's why we make such a big deal about imploding instead of exploding. When you explode, you release Kundalini energy. Call it essence, call it life force, call it sexual juice or divine fluids -- the more you create and retain, the more fuel you have to propel you to the O-Zone.

Achieving this state is the focus of Tantric practice. We learn to find true ecstasy within by relaxing into high states of arousal. We channel the life force that sexuality generates and expand the Kundalini up our inner flutes, the subtle pathway that connects our chakras. We weave the essence of all our centers -- body, mind, spirit -- into holistic union with all that is. This is true bliss, being at one with all existence.

This power becomes the raw material that creates divine connection and higher consciousness.

EXERCISE: High States Discussion Questions

Discuss with your partner or your journal, doubts, questions and reactions to the section about Tantric Orgasm...

- Have you ever experienced your limit of pleasure? How did it happen?
- Have you ever experienced a Tantric Orgasm?
- Have you floated in the O-Zone?

8.5 Peaking Section

Peaking

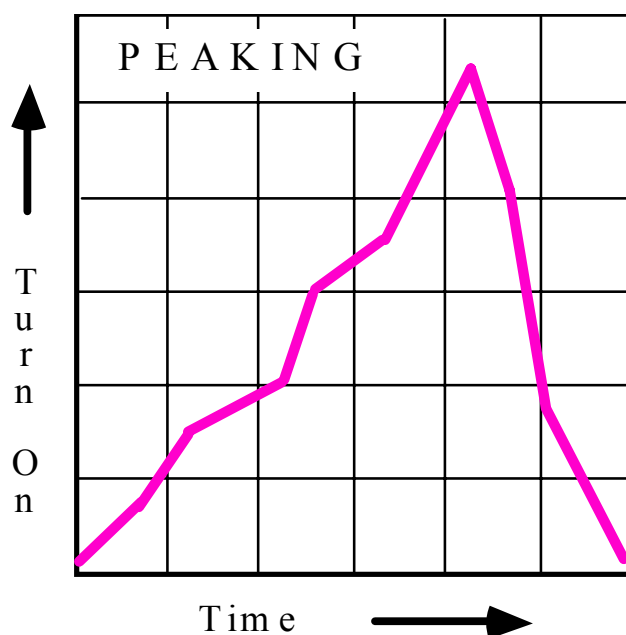
Enough discussion. Let's get down to the nitty gritty of how you get to sensational ecstasy.

Some Tantrikas are so skilled at running Kundalini that they can enter this state with little or no physical stimulation at all. Yet, most of us need some external excitement at the beginning, whether from a beloved's touch, solo play, or erotic images.

The path to extended Tantric Orgasm and the O-Zone doesn't focus exclusively on the best or strongest technique and how much stimulation you can create in the shortest possible time. Rather, we focus on filling our pleasure balloon. The first secret is peaking.

Peaking means to enjoy excitement rising to a high level and then, instead of going for more and the likely explosion, immediately changing, slowing, or stopping the stimulation. It's a sudden surge of turn-on that you let come back down without going over the top. Peaking just before an orgasm is, of course, great fun.

If you graphed peaking, it would look like a steep ascent up a mountain followed immediately with a steep descent. Which is where it got its name.



Don't Resist The Peak

Some people can't understand why you would want to back off from something that's feeling good.

We've answered that question extensively, haven't we? Because by drawing out the process you get longer and higher pleasure. Your ultimate orgasm is more intense, often transitioning to an extended one. The more you peak, the more sexual energy you pump into your pleasure balloon.

However, so many of us, programmed with taboos, shame, and guilt around sex, try to get it over with rapidly. Women worry they won't orgasm so they push for it at every opportunity. We all try to hold back to overcome early conditioning when trying not to be discovered.

If you've always pushed for as much excitement as you could muster as quickly as possible, practicing peaking by yourself is the best place to start. Practice ramping up, absorbing pleasure that fills your balloon a little, and then float for a little while before climbing higher with more stimulation. Although this may sound like we're addressing only men here, this certainly applies to women as well.

There's two ways to do this: by slowing the amount of Kundalini energy you're generating, and by spreading what you're generating around your body. We'll address the each in turn in the next practices.

PRACTICE: Solo Peaking

Purpose

To practice peaking by yourself.

Description

If you have a partner, we suggest you practice Solo Peaking in front of each other. If you've never self-pleasured in front of each other, you have a wonderful new experience to enjoy.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Before you begin, choose your strategy. If you aren't very skilled at peaking, we suggest you start with external stimulation on clio or vajra. If you've practiced a lot, use your own judgment.

2. COMFORTABLE POSITION

Lie on your back in your most comfortable position with your knees bent supported by a pillow, leaning against your bed headboard or backjack, or simply extended straight out.

3. RELAX & FOCUS

Begin with relaxing, conscious breathing, or full body sensual massage until you're comfortable, focused, and ready to get excited.

4. JEWEL PLAY

Massage your jewels the way they like it.

5. STOPPING

As your arousal builds but before you get too close to orgasm, stop what you're doing to back off from your first peak. When your excitement has settled down, repeat this several times.

6. SLOWING

After you're confident about stopping, repeat the same cycle several times but slowing instead of stopping. Slow down, change your strokes, or lighten your pressure slightly.

7. GO FOR IT

Continue as long as you want, finishing with an orgasm if you choose.

8. CLOSING

Close your Sacred Space as appropriate, acknowledging yourself and your pleasure.

Partner Peaking

Once you've enjoyed and mastered solo peaking, you'll certainly want to try it with your partner. Lovers help their beloveds peak by adjusting the stimulation they're giving to avoid pushing their partner over the top.

You can develop the knack to tease and tantalize long-term partners to unheard of peaks. Sure, the more you practice, the better you'll get at anything. Just don't succumb to the prevalent social conditioning that every good lover always knows exactly what to do with each new partner at each moment.

Recognize that good sex is a team game. As with the any kind of relationship intimacy, peaking works best with communication and cooperation. How do you know for sure how turned on your lover is and what they want at each moment?

By observing, by asking, and by listening. By them staying awake, responding non-verbally, or answering verbally. The communication skills introduced in the Tantric LovePlay Chapter really come in handy here.

Receivers have as much, or maybe even more, responsibility for peaking as givers do. Shakti guides their partner with verbal feedback, by moving closer or away, getting louder or quieter, breathing deeper or shallower, or using pre-arranged cues.

And Goddess, be sure to aid the peaking process by spreading the energy around your body that's localized in your yoni.

PRACTICE: Partner Peaking

Purpose

To practice peaking with a partner.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Discuss Partnering Questions -- desires, concerns, boundaries -- deciding who will receive what first.

Agree on alert words and signals for slowing and stopping.

If you aren't very skilled at peaking, we suggest you start with external stimulation on clio. If you've practiced a lot, use your own judgment.

3. RELAX & FOCUS

Begin with relaxing, conscious breathing, or full body sensual massage until the receiver is comfortable, focused, and ready to be excited.

4. JEWEL PLAY

Giver, massage your partner's jewels the way they like it. If you don't know, ask. If you're unsure at any time, ask. Receivers, be supportive, positive, and helpful, and don't be shy.

5. OBSERVE AND FEED BACK

Giver, watch your partner closely for signs of rising arousal: facial expressions, swelling tissues, darkening color, changed breathing, thrusting hips, body jerks, pulsing muscles, hands pushing away, and withdrawing pelvis. At the same time, Goddess, give verbal feedback about what you're feeling and your level of arousal.

6. STOPPING

Receiver, as your arousal builds but before you get too close to orgasm, give your stopping signal to back off from your first peak. Giver, immediately stop all stimulation, and resume only when asked to.

7. SLOWING

After you're confident about stopping, repeat the same cycle several times using your slowing signal. Giver, instead of entirely stopping, slow down, change your strokes, or lighten your pressure slightly. Closely follow what your observations, senses, and partner tell you.

8. GO FOR IT

Continue as long as you want, finishing with an orgasm if you want.

9. SWITCH

Switch roles and repeat the practice.

10. CLOSING

Close your Sacred Space as appropriate, acknowledging your pleasure.

Give thanks to your partner with a Heart Salutation.

8.6 Plateauing Section

"First, find out what you love most in the world, and make it a priority in your life. Second, breathe. Your breath is the bridge between you and spirit, and a key to ecstasy. Nourish yourself

with breath -- not just now and then, but always. Third, find a community of people who share your hunger for ecstasy and support your soul work. Don't try to do it alone; it doesn't work."

----- Jalaja Bonheim

Four Cornerstones Are Key

With the Tantric path to sensational ecstasy, you, the receiver will manage the internal process. You're going to learn to spread even the subtlest sensation around your body and absorb it all in your pleasure bubble. You feel the slightest exciting touch on clitoris, for example, and instead of screaming and squirming for more, you absorb it like a hungry pleasure sponge.

Using all four of the cornerstones of ecstasy are vital here -- breath, sound, movement, and presence. The last is the most critical for extended Tantric Orgasm. Presence is the ability to be fully in the moment, experiencing what's happening now, and letting go of any resistance tying you to the past.

By using the four cornerstones of Supreme Bliss and breathing orgasmically, you'll excite all your chakras which store and regulate all your energies. You open your inner flute and become a conduit for limitless and endless life force by breathing, moving, making sounds, and staying fully present.

Relax

Because most lovers can't go from zero to 60 instantaneously, the receiver needs to jump-start the meditative state by relaxing and fully opening. In short, to enter this state, the receiver must relax, let go, and surrender to the incredible sensations of pleasure sweeping through him or her. Easier said than done.

The receiver has to focus, tune in to all sensory input, and consciously absorb sensation. Distractions can kill the mood. The built-in resistances we all carry can easily get in the way. We're talking about negative emotions like guilt, shame, and fear that block energy, as well as thoughts and beliefs that run counter to feeling pleasure.

If a part of you hates sex because of the pain of childbirth, or intimacy conjures up the torment of failed relationships, or you still believe that some kinds of sex are a sin and you'll burn in hell for it -- well, undoubtedly the free flow of Kundalini energy you need to ride to Supreme Bliss will be blocked to some degree.

All personal growth work can help in opening your sexual channels.

Orgasmic Breathe Your Way Higher

The untrained lover, when super excited, usually pants or holds their breath. Their muscles become tense and tight. They move closer and closer to the release of explosive orgasm. The more excited they get, the more they shut off their senses and focus inward, often closing their eyes.

When this situation is coupled with the shame, guilt, and embarrassment that makes so many of us passive in bed, we end up feeling as if we don't have control over our own pleasure.

This is in stark contrast to the Tantric lover's bedroom behavior. Namely, Orgasmic Breathing.

We breathe slowly and deeply. We relax, move unduously to spread the excitement. We become more and more present with our senses fully awake, connecting with our beloved and the whole universe. We guide our experience by responding and communicating. We're Shiva, the powerful dynamic leader, and Shakti, the all receptive pliable sponge, at the same time.

You rock your pelvis while you're relaxing your other muscles, and you communicate openly while keeping all of your senses wide open. You empty the mind of extraneous

distracting thoughts, and visualize the energy moving within and exchanging the energy with your partner. You use your PC muscle to pump energy up your inner flute, opening your channels to the flow of sacred sexual energy.

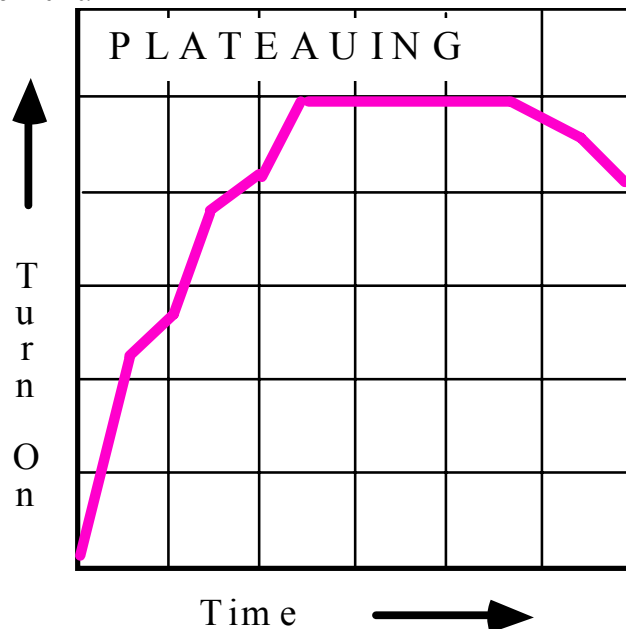
In this manner you bring your mind, emotions, and spirit into harmony with your body. As you can see, there's much more than stimulation involved, which is probably why so few people experience extended Tantric Orgasm.

Plateauing

Once you develop the knack of peaking by slowing or stopping external stimulation, you can move on to learning to plateau. Plateauing means...

Learning to maintain a high level of arousal without backing off.

If you picture peaking as shooting up steeply and then dropping down quickly, plateauing will be easy to grasp. Here, you move up to a high level of pleasure and then stay there, enjoying it as long as you want.



Plateauing is like mounting the steep narrow steps of a Mayan pyramid. You go slowly so you don't slip. You stop at wider walkways, rest, and catch your breath. When you reach the top, you relax totally, float close to the sky, and simply enjoy view.

It's possible to plateau by adjusting outside stimulation. Try it if you haven't and see if you like it.

We prefer and recommend learning to plateau using Orgasmic Breathing. The receiver who masters spreading Kundalini this way ceases to be at the mercy of their lover. No more feelings of not being in charge of your own pleasure. When you can stream energy up and down your inner flute, you'll naturally plateau and easily transition into extended orgasm and eventually the O-Zone.

When you can circulate the orgasmic energy up from your lower chakras, you can simply float on a true ecstatic high, basking in the divine light that infuses your whole body. Some call these "valley orgasms" because as their arousal curve rises higher and higher, it flattens out at steps instead of peaking up sharply.

PRACTICE: Solo Plateauing

Purpose

To practice plateauing by yourself.

Description

You might think you've done this exercise already since it's beginning is so similar to Solo Peaking. But using Orgasmic Breathing to spread sexual energy while continuing to absorb pleasure is an important and vital difference. Again, if you have a partner, we suggest you practice Solo Plateauing first.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Before you begin, choose your strategy. If you aren't very skilled at plateauing, we suggest you start with external stimulation on clio or vajra. If you've practiced a lot, use your own judgment.

2. COMFORTABLE POSITION

Lie on your back in your most comfortable position with your knees bent supported by a pillow, leaning against your bed headboard or backjack, or simply extended straight out.

3. RELAX & FOCUS

Begin with relaxing, conscious breathing, or full body sensual massage until you're comfortable, focused, and ready to get excited.

4. JEWEL PLAY

Massage your jewels the way they like it.

5. ORGASMIC BREATHING

As your arousal builds, begin breathing, moving, sounding, and moving energy up your inner flute using PC pumps and visualization.

6. PLATEAUIING

When you feel a high level of excitement, consciously enjoy it, savor it, and relax into it. Using the components of Orgasmic Breathing, keep your pleasure level for a few minutes. Slow your breathing, open your eyes, move slower, moan louder, or pump your PC more to spread the Kundalini energy.

7. STREAM ENERGY

Channel the energy up your inner flute, swirling it around your heart, or higher to your third eye. Can you feel the energy elsewhere in your body? Focus on it, move around it, and breathe into it to heighten the orgasmic feelings outside your jewels. If your PC muscle starts to spasm all on its own, relax and enjoy ride the wave of pleasure. You'll eventually find as you relax into a plateau, ecstatic vibrations will sweep throughout your body.

8. PEAKING

If you get too close to orgasm, feel free to stop, slow, or change what you're doing to back off from the peak. You can also open your eyes wide, relax all your muscles, inhale more slowly and deeply into the belly through the NOSE until your excitement drops. If

your excitement keeps rising, you can also try holding your breath. Alternatively, some people report that fast panting releases energy suddenly.

9. REPEAT & GO FOR IT

Continue as long as you want, leveling at several plateaus, finishing with an explosive orgasm if you want.

10. CLOSING

Close your Sacred Space as appropriate, acknowledging yourself and your pleasure.

PRACTICE: Partner Plateauing

Purpose

To practice peaking with a partner.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Discuss Partnering Questions -- desires, concerns, boundaries, deciding who will receive what first.

Agree on alert words and signals for slowing and stopping.

2. COMFORTABLE POSITION

Receiver, lie on your back in your most comfortable position: your knees bent, supported by a pillow, or simply extended straight out. Giver, sit or kneel between your partners' legs or at their side. Giver comfort is as important as receiver comfort. Tension in the giver's body transmits to the receiver, so be sure to experiment until you find a position that can last a while for both of you.

3. RELAX & FOCUS

Begin with relaxing, conscious breathing, or full body sensual massage until the receiver is comfortable, focused, and ready to be excited.

4. JEWEL PLAY

Giver, massage your partner's jewels the way they like it. If you don't know, ask. If you're unsure at any time, ask. Carefully observe your partner for signs of rising arousal. When you see something creating great turn-on, concentrate on maintaining the same speed, pressure, and stroke without changing. Receivers, be supportive, positive, and helpful, and don't be shy.

5. ORGASMIC BREATHING

Receiver, as your arousal builds, begin breathing, moving, sounding, and moving energy up your inner flute using PC pumps and visualization.

6. PLATEAUIING

Receiver, when you feel a high level of excitement, consciously enjoy it, savor it, and relax into it. Using the components of Orgasmic Breathing, keep your pleasure level for a few minutes. Slow your breathing, open your eyes, move slower, moan louder, or pump your PC more to spread the sexual energy.

7. STREAM ENERGY

Receiver, channel the energy up your inner flute, swirling it around your heart, or higher to your third eye. Can you feel the energy elsewhere in your body? Focus on it,

move around it, and breathe into it to heighten the orgasmic feelings outside your jewels. If your PC muscle starts to spasm all on its own, relax and enjoy ride the wave of pleasure. As you relax into a plateau, ecstatic vibrations will sweep throughout your body.

8. PEAKING

Receiver, if you get too close to orgasm, use slowing or stopping signals to guide your partner to back off what they're doing. You can also open your eyes wide, relax all your muscles, inhale more slowly and deeply into the belly through the NOSE until your excitement drops.

9. REPEAT & GO FOR IT

Continue as long as you want, leveling at several plateaus, finishing with an explosive orgasm if you want.

Switch roles and repeat the exercise.

10. CLOSING

Close your Sacred Space as appropriate, acknowledging each other and your pleasure.

8.7 Blended Orgasm Section

"The word 'Tantra' means the capacity of expansion, that which goes expanding. Sex shrinks you, Tantra expands you. It is the same energy, but it takes a turn. It is no longer selfish, no longer self-centered. It starts spreading -- it starts spreading to the whole existence. In sex, for a moment you can attain to the orgasm, and at a great cost. In Tantra you can live in the orgasm twenty-four hours a day, because your very energy becomes orgasmic. And your meeting is no longer with any individual person: your meeting is with the universe itself. You see a tree, you see a flower, you see a star, and there is something like orgasm happening." ----- from

Philosophia Perennis by OSHO

Playing In Stereo

Short of maithuna, you've got it all now: clio, Sacred Gate, and energy to carry you to single, multiple, and extended orgasms. Play there long enough and you'll catapult yourself into the non-stop O-Zone. If you've been a student dedicated to your own pleasure and practiced religiously, you've developed great lovemaking skills as a giver and receiver.

We've saved the best for last, blended orgasm -- merging multiple stimulation and riding the wave. Blended orgasm originally referred to clio and yoni climax at the same time. We extend the term to including excitement of the lips, breasts, womb, rosetta, or even the mind for that matter. Now that you've mastered Orgasmic Breathing, you can also blend energy play with any of those orgasmic triggers.

Dealing with multiple sources of pleasure is both the delight and challenge of blended orgasm. You, the Goddess, will receive more sensation from more sources than you're accustomed to. Can you deal with such intense feeling? Can you handle it? Can you pump so much Kundalini so fast into your pleasure balloon? Is it flexible and expandable enough to absorb it all?

If you drop into a meditative no-mind condition, surrender to the natural forces within your body, and let the pleasure sweep you away, you'll soar on wings of ecstasy. Delightful as it is, losing control like this can be extremely scary at first.

The giver of blended stimulation has a major challenge as well. The giver has to pay attention to two or more different actions with different responses. It's like playing two different musical instruments at the same time. Like listening to two different stereo channels simultaneously.

Without confidence, experience, and total presence, a lover can't give each separate channel the attention it deserves. This is even more demanding for novice self-pleasuring when you have to both give and receive simultaneously.

Blending Clio & Sacred Gate Play

Going for blended orgasm inside and outside yoni simultaneously requires two fingers, hands, or sex toys. Inside, you can use one or more fingers on the Sacred Gate, a dildo with or without vibration, or the Crystal Wand. Outside, you have the option of using one or more fingers on clio, or a little vibrator.

A giver at the receiver's side with fingers inside yoni can stimulate clio with the thumb of the same hand. Skilled loves sometimes cup yoni and rest their palm on clio or mons (the mound of the pubic bone). This allows the other hand free to press on the Goddess's pubic bone or lower abdomen covering her womb. Many women enjoy this added stimulation of the sexually responsive acupressure points on the top ridge of the pubic bone. Some report feeling delicious pressure on the G-Spot from the outside.

Of course, using Orgasmic Breathing to stream Kundalini from clio and Sacred Gate is always available to the receiver. For us dedicated Tantrikas, this is the automatic way to heighten and extend our pleasure by blending physical and energetic blended climaxes.

PRACTICE: Blended Finger Play

Purpose

To practice blending clio and Sacred Gate Orgasm with fingers.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Discuss Partnering Questions -- desires, concerns, boundaries.

2. ORGASMIC BREATHING

Giver, open with a full body sensual massage. Receiver, as your arousal builds through Tantric loveplay, begin breathing, moving, sounding, and moving energy using PC pumps and visualization. Channel the energy up your inner flute, swirling it around your heart, or higher to your third eye.

3. CLIO PLAY

Giver, massage your partner's clio the way she likes it. As always, if you're not sure what she wants right now, ask. Receivers, be supportive, positive, and helpful, but don't be shy. Remember the Feedback Sandwich.

4. SACRED GATE PLAY

After a juicy peak or plateau, giver, switch your massage to the Goddess's Sacred Gate with her consent. Yes, switch. Don't do both at first. Use the strokes gradually as you learned in the Sacred Gate Massage Chapter. If you're not sure what to do at any time, ask.

5. ALTERNATE

Giver, now alternate between clio and Sacred Gate play, switching at natural peaks or plateaus. At each pause, encourage the receiver to relax and stream orgasmic energy all over her body.

6. BLENDING

Giver, when the time is right, use both clio and Sacred Gate massage simultaneously. Don't go to this blended massage too soon. Wait until she demands it or is responding very strongly to each single stimulation.

7. FOLLOW SHAKTI

Giver, follow the receiver's responses. She may guide you to help her peak, plateau, and orgasm over and over. If she chooses to continue, she may experience an Extended Orgasm. Follow her lead and stay with her.

8. SPOONING

When she chooses to wind down, maintain your attention and presence. When she's ready, connect yoni and her heart with your hands, cuddle in a spooning position, and gently discuss what she experienced.

9. CLOSING

Close your Sacred Space as appropriate, acknowledging each other and your pleasure.

Oral Blended Play

You can do the previous exercise just as well with oral stimulation of clio using mouth, lips, and tongue. Many women experience even more intense pleasure from outer yoni stimulation this way.

There are so many variations and options, the subject demands an ebook all its own. Our Tantric Oral Sex volume is in progress as this Sacred Gate ebook goes to press. Watch for the announcement.

In the meantime, by using the sensitivity and skills you've developed so far, adding oral play to clio should be an easy jump. Positioning the giver's body can be a challenge when combining oral and Sacred Gate play. Experiment so your neck doesn't stiffen up and your penetration hand doesn't cramp.

PRACTICE: Blended Oral Play

Purpose

To practice blending clio and Sacred Gate Orgasm through oral play.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Discuss Partnering Questions -- desires, concerns, boundaries.

2. ORGASMIC BREATHING

Giver, open with a full body sensual massage. Receiver, as your arousal builds, begin breathing, moving, sounding, and moving energy using PC pumps and visualization. Channel the energy up your inner flute, swirling it around your heart, or higher to your third eye.

3. ORAL PLAY

Giver, kiss, lick, and suck your partner's clitoris and yoni the way she likes it. If you don't know, ask. If you're unsure at any time, ask. Receivers, be supportive, positive, and helpful, but don't be shy. Remember to use the Feedback Sandwich.

4. SACRED GATE PLAY

After a juicy peak or plateau, giver, switch your massage to the Goddess's Sacred Gate with her consent. Use the strokes gradually as you learned in the Sacred Gate Massage Chapter. If you're not sure what to do at any time, ask.

5. ALTERNATE

Giver, alternate between oral and Sacred Gate play, switching at natural plateaus when she relaxes and streams orgasmic energy all over her body.

6. BLENDING

Giver, when the time is right, use both oral and Sacred Gate massage simultaneously. Don't go to this blended massage too soon. Wait until she demands it or is responding very strongly to each stimulation separately.

7. FOLLOW SHAKTI

Giver, follow the receiver's responses. She may guide you to help her peak, plateau, and orgasm over and over. If she chooses to continue, she may experience an Extended Orgasm. Follow her lead and stay with her.

8. SPOONING

When she chooses to wind down, maintain your attention and presence. When she's ready, connect yoni and her heart with your hands, cuddle in a spooning position, and gently discuss what she experienced.

9. CLOSING

Close your Sacred Space as appropriate, acknowledging each other and your pleasure.

8.8 Closing Section

Are things coming together for you yet? We hope so.

Tantric mindset, PC muscles, streaming energy, loveplay, anatomy, and massage strokes are all essential elements of reaching Supreme Bliss. Here's where sufficient sexual healing to allow you to relax fully and surrender into your body's intense signals of pleasure really pays off.

Clitoris, yoni, and the Sacred Gate are all pathways to orgasm, as are other parts of your body, mind, and soul. Using Orgasmic Breathing can harness your Kundalini energy to contribute as well. They can all lead you to a single climax, a series of multiple ones, or an extended orgasm. Blend them and the O-Zone is just around some unexpected corners.

As receiver, we encourage you to study your pathways to different orgasmic experiences. Discover for yourself how to fill your pleasure balloon and soar to new heights of ecstasy. How can you best use peaking and plateauing? How many and what kind of orgasms propel you into the most ecstatic of states?

Now maybe you can see why we believe that Tantric Sex never gets old, routine, or boring. The possibilities are endless. The self-discovery unending. The new combinations limitless. The fun and joy perpetual.

If it takes you weeks, or months, or even years to appreciate the ecstatic states awaiting you inside your body, that's fine. When you're ready, the next chapter expands the game to include maithuna and the prospect of sacred simultaneous orgasm.

Chapter 9: Kama Sutra Sex Positions

"Sexual behavior is to be learned with the aid of the Kama Sutra and the counsel of worthy men, experts in the art of pleasure." Vatsyayana from the Kama Sutra translated by Alain Danielou

9.1 Opening Section

Purposes

The purposes of this chapter are to...

- Understand the Kama Sutra's methods of sexual union (intercourse).
- Know how to adjust lovemaking for different jewel (genital) size.
- Practice with sex positions to discover what provides the most pleasure for your unique Sacred Gate.

Prepare For Matching Jewels

If you've read and played through Awakening The Sacred Gate chapter by chapter, you realize that there's more to ecstasy than just pushing the right button. You need to prepare physically and spiritually.

The more open Shakti's energy channels, the greater the pleasure she feels. The better your partnership and more stimulating your loveplay, the more responsive her G-Spot will be. The more her lover opens to the flow of ecstasy, letting Shakti's orgasmic energy in, the more excitement both can exchange.

From practicing in the Sacred Landscape and Sacred Gate Massage Chapters, you've realized how to locate and awaken the Sacred Gate. If you've experimented with everything so far, you must realize that hitting your beloved's G-Spot with a vajra (penis) is not automatic. As you learned with finger massage, there's an art and science to locate, engorge, and pleasure the Sacred Gate.

How to best do this during maithuna (intercourse) is the purpose of this chapter.

Vajras and yonis (vaginas) are all different. We'll get into some of the juicy details in this chapter. Based on how his and hers interact, we'll explain how some fit better than others and what to do about the discrepancies.

Varying your sexual position is one primary method to best match vajra and yoni to produce maximum Sacred Gate excitement. The Kama Sutra is probably the best known manual addressing this.

If You've Skipped Right To This Chapter

If you've come right to this chapter, you're probably interested in making your sexual union more exciting. Great!

The bad news is that you missed how to locate and stimulate the G-Spot (we often call it the Sacred Gate), not to mention awakening the subtle energies laying dormant inside that can really supercharge your sexual play.

If you want, carry on trying out the Kama Sutra sex positions in this chapter. Just realize that applying what the previous chapters -- especially Sacred Landscape and Sacred Gate Massage -- will boost your chances of mutual pleasure enormously.

The Aim Of Tantric Sex

The total aim of Tantric Sex is to give yourself completely to the experience. Spiritual teachers call this surrender. That doesn't imply giving up to an enemy, but giving up the misguided notion that you can or need to control everything. Just relax and let the pleasure flow through you is what you need to learn to experience the highest peaks of ecstasy. There's no such thing as too much pleasure.

The French call orgasm "la petite mort," the little death, total surrender, losing yourself. You have to let go totally and let yourself be completely naked and fully vulnerable to whatever happens. Otherwise the really really good stuff never happens.

Tantra embodies the eastern pursuit of inner peace and harmony by releasing stress and resistance dominated by the ego. Maintaining this state of empty ego by opening and surrendering to whatever comes is the aim of the O-Zone in Tantra.

9.2 Kama Sutra Intro Section

"Kama is the enjoyment...by the five senses of hearing, feeling, seeing, tasting, and smelling, assisted by the mind together with the soul. Kama is as necessary for existence and well-being of the body as food, and consequently equally required. ---- Pramesh Ratkanar in Golden India: Kama Sutra

The Famous Hindu Love Manual

Have you heard of the Kama Sutra, the Hindu love manual nearly 2000 years old? Most have, thanks to the courageous translation of Sir Richard Burton during the 19th century. He was a much earlier nobleman with the same name as the well-known modern English actor.

Tantra, the ancient Eastern art and science of sacred sexuality, is much broader, richer, and older. Secret Tantric writings began some 7000 years ago and dealt with all energies -- body, mind, emotion, spirit -- as a path to liberation and enlightenment. In contrast, the Kama Sutra is merely a depiction of sexual customs of India during the early centuries of the common era.

So what is this modern fascination in the West with this once obscure sex manual?

Maybe it's because of the forthrightness of the author, Mallinaga Vatsyayana, about things we're too ashamed or embarrassed to talk about today. Things like lovemaking position. Though we don't know much about him, we do know that he was a sage and religious scholar who lived in Pataliputra, India between Benares and Calcutta sometime between 200 and 500 AD.

He didn't pull any punches. The Kama Sutra was meticulous and graphic about seduction, foreplay, sex, and love relationships. Which made it the definitive guide to sexual etiquette of the times.

Pleasure Rules

What was the purpose of this treasured window into the past? You might have read that Kama Sutra means "love songs." This sounds wonderful but isn't particularly accurate.

Kama is often defined as love, a rather broad term that means various things to different people at different times. More exactly, this "kama" is about desire and pleasure derived from the senses. Kama is the enjoyment you glean from hearing, feeling, seeing, tasting, and smelling.

A simple definition of *sutra* is "rule," which would make the meaning of the book "Rules Of Pleasure." Actually, a *sutra* was an aphorism, the briefest possible statement of a principle. Back then, few people could read and write. The common practice was to condense knowledge into *sutras* that could be easily memorized. In BC times, education was done mostly through oral tradition.

Vatsyayana compiled the customs of his era into these short pithy sayings. Unless you understand the history and depth behind the sutras, it's easy to misunderstand or miss his points completely.

By the way, the pursuit of pleasure was the only Tantric aspect of this treasured volume. Though it embraced the humanity it portrayed, the Kama Sutra wasn't spiritual. Rather, its emphasis was practical, pragmatic, detached, and almost clinical about how the wealthy dedicated their lives to sensuality.

Sex Positive

Maybe our curiosity in this old book of sayings stems from living in a sex negative society, one that doesn't accept, value, or embrace erotic play as an essential part of life. To truly benefit from studying the Kama Sutra, you have to recognize that it was all about another time and place.

Ancient India was a highly sex positive culture very foreign to ours today.

The Kama Sutra documented the erotic lifestyle of the most privileged upper class for whom luxury, intrigue, and the pursuit of pleasure were foremost pastimes. Many were obsessed with sex and seduction. Pre-marital and extra-marital sex was common and accepted, as long as one followed politically correct guidelines, of course.

Vatsyayana was the sexual Emily Post of his times.

Maybe our Kama Sutra fascination comes from its thorough categorization of sexual techniques. Things "nice girls" don't share much about today and, regardless of what they claim, few young guys' in the locker room know what they're talking about.

The good news is that Vatsyayana carefully documented the amorous practices and sexual techniques of his day. Though he did contribute his views, Vatsyayana served primarily as editor to collect and compile the vast storehouse of Hindu erotology written by others during the previous several centuries.

Where Did You Get Your Sex Training?

Or maybe we're just all craving the kind of initiation, indoctrination, and training in this vital part of life. Rites of passage at the time of puberty aren't common today as they were in many ancient indigenous cultures. As part of their education, young people of Vatsyayana's time were educated in sexuality, loveplay, and the 64 arts,...

"The preliminaries to sexual intercourse...the body of erotic treatises...considered as forming part of the practice of love."

We expect that much of the great appeal of the Kama Sutra today is its down-to-earth advice about foreplay, extending the sex act, and giving maximum pleasure. As teenage hormones begin to rage, who wouldn't be captivated by the wide variety of embracing, petting, caressing, kissing, scratching, biting, and copulating that the historic volume detailed? If allowed by social customs, that is.

Shocking, even by today's standards, the Kama Sutra classified lovers according to several characteristics, including differences in sexual anatomy. Much of its advice about lovemaking revolves around sexual positions for the union of equal and unequal sized jewels.

Since it was a compendium of the customs of the times, the Kama Sutra also went into great detail about how to acquire a wife, behave once married, seduce other men's wives, and treat courtesans.

EXERCISE: Kama Sutra Discussion Questions

Here are some questions to reflect on, journal, or talk about with your partner...

- What interests me about the Kama Sutra is...
- My concerns about my jewels and their size is...
- What do I think counts most in lovemaking is...

9.3 Does Size Count Section

"Having determined the right moment and state of mind for introducing the penis, its size must be considered before starting action." ----- Vatsyayana from the Kama Sutra translated by Alain Danielou

Male Insecurity

We suspect that another reason for the Kama Sutra's modern popularity is the average man's insecurity about pleasing women.

Come on guys, lighten up, we're not putting your monstrous love skills down. Or your monstrous love tool, either, for that matter.

It just doesn't take much exposure to spam or web adult sites to recognize how many modern lovers believe that size matters, especially of the male sex organs.

Now really, does it?

Taoism, the version of Tantra based largely on Chinese spiritual practices and medicine, declares in one of its key texts...

"The shape and hardness with which Nature has endowed a man are only external signs. What appears internally is the skill with which he ensures that a woman derives enjoyment from his lovemaking. If a woman really cares for a man as he cares for her, then it is totally irrelevant whether his organ is long or short, thin or thick...A long, thick organ is often worse for a woman than a short thin one that is firm and hard. And a firm, hard organ that is pushed and pulled out in a crude manner is worse than a soft one that is moved about delicately and with tenderness."

That really sums up the Tantric view. We can't begin to tell you how many women have vehemently echoed similar sentiments.

Double Standard

And while we're on the subject of size, ever notice the double standard? If a tight fit of sexual organs really determines pleasure, why don't we judge women on the size of their yonis?

The average erect penis is around 6 inches (15 centimeters). The average unexcited yoni is 4 inches deep (10 centimeters), ample enough for the overwhelming majority of vajras in the world.

How large is the opening of the average yoni? Zero. Yes, at rest, yoni walls press against each other. So just about any vajra can make adequate contact with enough of yoni to create the seeds of great pleasure, provided both know how to make the most of it.

Women today are rarely judged on what counts more to the pleasure of both her and her partners, the strength of her vaginal muscles. In the Orient and elsewhere, skilled female lovers developed their PC muscles to the point where they could grip, milk, and make any man's vajra orgasm without any other movement.

The Tamils of Southern India called this skill of yoni muscle control *pompoir*. In the Arabic world, a woman who had mastered the use of her PC muscles during sex was the "*kabbazah*, or holder." In these places and elsewhere, female love skills were honored, respected, and revered.

If you haven't started your daily regimen of PC practices, Goddess, read section 3.4 of the Kundalini Energy Chapter right now dear.

What Does Count

To be fair about the double standard, the western world does judge women on size as well - of their breasts, as the booming business in implants confirms. But breast size -- or the size of any sexual organ -- has little to do with sensitivity. So size is rarely the determining factor in how much pleasure you receive. And size has little to do with how much pleasure you can give.

This whole discussion demonstrates that men who think size is important often don't have a clue what counts in the sack to the average woman. Which is, by the way, why Jeffre wrote her fantastic playbook, Intimacy, A Green Light For Red Hot Sex And A Lifetime Of Loving. Click here for details...

<<http://www.tantraattahoe.com/int.htm>>.

We're convinced that a big part of the Kama Sutra's appeal is how to deal with the realities of sexual anatomy. Yes, there are bigger vajras and smaller vajras, just as there are wider, deeper, and stronger yonis and their opposites.

If you act on the pragmatic guidelines of the Kama Sutra, you'll learn how to use your assets more skillfully by preparing, practicing, and compensating.

Jewel Sizes

In India during the sixteenth century, Kalyana Malla wrote the middle-age's version of the pleasure rules documented by the Kama Sutra more than a thousand years earlier. It was called the Ananga-Ranga, or The Stage Of Love. Both volumes define three distinct types of sex organs...

Vajras are classified based on length when fully erect...

HARE	Does not exceed 6 fingers long (about 5 inches)
BULL	Does not exceed 9 fingers long (about 7 inches)
HORSE	About 12 fingers long (about 10 inches)

Yonis are classified based on depth...

DEER	6 fingers deep (about 5 inches)
MARE	9 fingers deep (about 7 inches)
ELEPHANT	12 fingers deep (about 10 inches)

They all can work well if the owner knows how to use them to maximum advantage. Despite rumors to the contrary, no one has ever proven any correlation between jewel size and physical makeup, height, strength, or race.

Match Game

Besides jewel dimensions, the Kama Sutra classifies lovers as small, middling, or intense based on their "force of passion or carnal desire." Sex partners are also rated as rapid (short-timed), average (moderate-timed), and slow (long-timed) to come to orgasm.

The manual explained that the best match was between lovers of similar size, drive, and timing. Unfortunately, it didn't explain how would-be lovers of the time were supposed to discover these qualities for the perfect match. Do you think "test driving" was accepted in ancient India?

Since a perfect match of size, drive, and speed occurs less often than some discrepancy, the Kama Sutra's greatest offering is its advice about compensating for differences. It teaches how to awaken the slow and disinterested, how to lengthen loveplay for the too-quick man, and how to rekindle the fire when lost.

This Hindu love guide is probably best known for its detailed listing of sexual positions and how they can be used to adjust for jewels that don't fit perfectly.

Oddly, the Kama Sutra makes little allusion to how both parties, regardless of compatibility, can compensate significantly by learning to use Kundalini energy through Tantric practice. Guess Vatsyayana left that job to us.

EXERCISE: Jewel Sizes Discussion Questions

Here are some statements to reflect on, journal, or talk about with your partner...

- My vajra/yoni's size is...
- The size vajra/yoni I prefer during lovemaking is...
- I would rate my level of passion as...
- My normal time to come to orgasm is...

9.4 Maithuna Section

"When Aphrodite blesses our lovemaking, all sense of fragmentation vanishes and we feel healed, holy, and whole. Like a rocket shooting out beyond the Earth's gravitational field, earthly pleasure then crosses over into heavenly joy, and sexual union blossoms into sacred communion." ----

Jalaja Bonheim in Aphrodite's Daughter

Why We Like Fucking

In the words of one of our favorite spiritual teachers, whatever floats your cork is OK. In Tantra, we've learned to reach ecstatic states through Orgasmic Breathing, sensual massage, hand jobs, oral play, and sometimes just from meditating.

Regardless, we have to admit that feeling that vajra moving inside yoni is something special.

Which is why we call it here *maithuna*, the Indian word for sexual union. OK, in private we often refer to it as fucking. To us that's a sacred thing. Since not everybody finds talking dirty a sacred art, we prefer to use the word for the highest Tantric ritual, maithuna. Then we can make it clear how we revere vajra-in-yoni lovemaking.

What we find so special about maithuna is the unifying of two energies into one. When we both have open channels that shoot Kundalini energy throughout our entire bodies with the slightest stimulation, we can connect, exchange, and reinforce each other's sensations. Through this resonance, we each magnify the force of the other's pleasure. The feedback cycle becomes a self-reinforcing loop.

That's the Tantric energy version of the story. The sex version is that what feels good to one feels good to the other. When he speeds up and gets really turned on, she feels it and responds in kind. Which turns him on even more. When she wants to slow down and feel every millimeter of vajra caressing yoni's, oh, so delicate walls, so does he. And enjoys it all the more because it's shared.

Maybe you already knew all that. We just hope reading this little reminder turned you on as much as it did us writing it.

How To Do It Tantrically

Shortly, we're going to describe all manner of contortions you can get your two bodies into during penetration. We just don't want you to forget everything we've covered so far that precedes the maithuna.

Make your lovemaking an intimate event, not an athletic contest. Approach it with wonder in a gentle and sweet way. Maintain eye contact. Murmur love and appreciation amply.

Act as conscious partners joined together in a really fun game. Don't be shy. Be open about what you want. Talk softly and freely wherever you need to.

Be responsive and show what you're feeling with your breath, sounds, and movements. Use the four cornerstones of Orgasmic Breathing to open all your chakras.

Spread the delicious sensations you're creating together. Share them. Alternate between giving and receiving, yin and yang, Shiva and Shakti.

Prove you care by not pushing for orgasm. Instead, glide into pleasure together. Play with the energy.

Enjoy your peaks of pleasure by relaxing into them. There's no rush. You can't have too much of a good thing. Make it last and last.

When the subtle vibrations engulf you, surrender. Let yourself go where the spirit takes you.

Changing Positions Is A Dance

There's no such thing as the perfect position. Each has its own advantages and disadvantages, benefits and risks, uses and limitations.

Bodies are different. Experiment to discover what's pleasurable for the meeting of your two unique physical forms. Your size, shape, strength, flexibility, stamina, and limitations will have lots to do with determining your favorites.

As you play with positions, consider the following...

- Are you both comfortable?
- Can you easily get into the position without hurting yourself or your partner?
- Is it relaxing or tiring?
- Does it allow freedom of movement for one or both?
- Can the dominant partner support their weight without putting too much pressure on their partner?
- Is penetration at the right depth, not too deep or shallow?
- Can you see each other and your jewels?
- Does it allow for easy communication and coordination?
- Do you both feel secure in the dominant and passive role required?
- Can you reach places you want to fondle: breasts, testicles, anus, etc.?
- Does it feel good?

It's wonderful to try new things that provide different kinds of stimulation. That's how you zero in on your most erogenous zones and discover new ways to feel good.

Shifting Whether You're Driving Or Riding

As we get more into sex positions, it's important that you get comfortable with changing postures. Here are some suggestions...

- Learn how to easily adjust by adding variations.
- In order to shift together, develop a smooth easy way to communicate -- words, movements, gestures, other cues.
- After shifting, resume thrusting slowly at first to see how it feels. Gradually go deeper and faster until you're sure it's working.
- Be aware of what your partner is experiencing when you want to shift so you don't get out of sync.
- Alert your lover if you need a sudden shift due to an ache, cramp, or developing soreness.

Furthermore, lovemaking can be strenuous, especially if you're not in perfect shape.

Make changing positions a dance that not only adds interest, variety, and new sensations, but lets you rest limbs and body parts that tire. Don't continue when either of you feel tension,

but shift to relieve the stress, ache, or pain as soon as possible. Don't forget to warn your beloved first, of course.

Helping Vajra Awaken The Sacred Gate

If you've done the earlier practices and are confident you can find and excite your beloved's Sacred Gate, your next assignment -- guiding vajra to do the same -- should come more easily. Remember, most G-Spots prefer pressure over friction.

In no particular order, here are some suggestions that you can experiment with...

Men

- Angle vajra towards the back or front of yoni.
- Use fast, short, or hard strokes targeted at the G-Spot.
- When you find a delightful spot, hold still inside with pressure. Shakti's feedback makes this much easier.
- Alternate pressure and rocking on the Sacred Gate.
- Hold vajra in your hand and churn it around yoni.
- Ride up higher and grind on the top of your lover's pubic bone to press the G-Spot from the outside.

Women

- Move into the best position to receive maximum G-Spot stimulation.
- Take charge of stroking to direct thrusts to your Sacred Gate.
- Get on top and control rhythm, depth, angle, and length of strokes.
- Motivate your partner to respond to your suggestions with kind, supportive, complimentary words.
- Once your Sacred Gate is engaged, ask for short thrusts with vajra's head, sometimes punctuated with short periods of holding.

EXERCISE: Maithuna Discussion Questions

Here's a brief exercise adapted from Intimacy, A Green Light For Red Hot Sex And A Lifetime Of Loving. Use these questions to reflect on, journal, or talk about with your partner...

- What I like most while vajra is inside yoni is...
- What I like least while vajra is inside yoni is...
- What I would like more of during maithuna is...
- What I would like less of during maithuna is...
- What I've found gives maximum G-Spot stimulation is...

9.5 Equal & Unequal Relations Section

Equal Relations

According to the Kama Sutra, the best match for lovers, called *equal relations*, is with corresponding or same relative size jewels: large with large, medium with medium, small with small.

Or in old Indian terms, the three possibilities are...

Hare + Deer,

Bull + Mare,

Horse + Elephant.

With equal relations, penetration is easy. The woman doesn't need to open or contract her yoni. The man need not aspire to athletic postures to compensate for different sizes.

The Ananga-Ranga states...

"When the proportions of both lovers are alike and equal, then satisfaction is easy to achieve. The greatest happiness consists in the correspondence of dimensions."

Unequal Relations

Unequal relations, according to the Kama Sutra, are between lovers whose jewels are of different sizes. There are different levels of unequal relations based on its classification, the more unequal the more difficult for satisfaction.

High Union	Man one size larger than woman
Highest Union	Largest man with smallest woman
Low Union	Woman one size larger than man
Lowest Union	Smallest man, largest woman

You know, these labels aren't really that important. We've included them so you'll be aware of how much compensation you need.

As we get into experimenting with sexual positions, postures, and variations, one word of caution. As the Kama Sutra states, unequal relations require careful...

"Thought regarding size, moment and mood, and how to proceed with the union" and "can most often be accommodated by the creative use of sexual positions...In Unequal Unions, positions should be used which create balance."

Preparing For High Unions

A baby is much bigger than the largest vajra. Yonis were designed to expand tremendously to allow for birth. So we know the potential exists to accommodate Highest Unions with pleasure instead of pain.

With High and Highest Unions, lubrication is of the utmost importance. Three of your most vital guidelines are wet, Wet, WET!

If you're a Hare Woman (smallest) or Horse Man (largest) who's dating, you'll likely be in this tight lovemaking situation often. If so, be sure you use lots of commercial water-based lubricants to assist. Not familiar with these products? Look at the Sacred Landscape Chapter, go to a sex shop, and test some out. Follow the Boy Scouts motto: be prepared. (What's the Girl Scouts Motto?)

We believe much of the difficulty with High Unions is insufficient warm-up. This is a situation in which you definitely can't rush into a quickie. You might need up to an hour or more of ample loveplay to insure that yoni is totally hot, open, and thoroughly engorged.

Positions For High Unions

In High Unions, you want to choose sexual positions and postures that allow the Goddess to spread her thighs and thereby make yoni's inside space bigger. With the descriptions and practices soon, you'll learn skillful use of pillows and limbs to allow deeper penetration.

The Kama Sutra, referring to the deer with the smallest yoni, says...

"The hind woman must open her organ to be penetrated by a big caliber."

Elsewhere it says to arrange yourselves so that "her aperture is stretched."

Makes sense, doesn't it? All you need to do is to become familiar with the positions that work best in each situation. In the next section you'll find a large variety of wide open positions and postures that create extra room for a large vajra in a small yoni.

To allow High Union penetration to be as comfortable and pleasurable as possible, consider Shakti Position (woman on top), Transverse Position (side-to-side), the Her Legs Wide Posture

of the Shiva Position (man on top), and the Wide Open Posture of the Kneeling Shiva Position that follow. We'll define these and other arrangements below.

Preparing For Low Unions

Fortunately, there are also great ways that both men and women can use to compensate for Low and Lowest Unions. They all work better after both have dedicated themselves to regular PC practices. We've already mentioned pompoir, the skill of a woman with strong yoni muscles trained for gripping and milking inserted male members.

The better Shakti can apply pompoir, the better for Low Unions.

As the Kama Sutra states about the largest yoni, "The elephant woman contracts her sex to receive a small caliber." The Ananga-Ranga says that the woman must...

"Strive to close and constrict her yoni until it holds his vajra as, with a finger, opening and shutting at her pleasure, and finally acting as the hand of the girl who milks the cow. This can be learned only by long practice."

Don't worry that this long practice is a burden without reward. The stronger a woman's sexual muscles, the easier her orgasms come, the more powerful they are, and the more likely she is to ejaculate ecstatically.

Women, if you're feeling singled out, don't. This isn't sexist work.

Men who build strong PC muscles can develop stronger, harder erections. With enough strength, they can apply more pressure where it counts on the Sacred Gate. If you've ever experienced pulsing finger pressure on a G-Spot, imagine that being applied by an erect vajra. Sure puts a delicious bounce in your step. Again, men can receive the payoff through longer stamina, stronger orgasms, and prostate health.

Positions For Low Unions

In simple terms, use positions, postures, and variations in which the woman tightens her thighs when her yoni is too large for a smaller vajra. For Low Unions, you'll want to avoid the wide open variations that make too much space inside.

Below, you'll discover arrangements that allow the woman's thighs to stay tight to better allow a grip on vajra. These involve her keeping her legs straight, pressing her knees together, and even crossing her legs during maithuna.

The Cow Position (rear entry), Shiva Position (man on top), and Kneeling Shiva Position are some that can help.

EXERCISE: Position Discussion Questions

Here are some questions to reflect on, journal, or talk about with your partner...

- My favorite position is...
- My least favorite position is...
- A position I've always wanted to try is...
- What I am doing to strengthen my PC muscles is...

9.6 Kama Sutra Positions Section

"While taking into account local mores, personal inclinations, entwining, and other means of excitation, the various methods of penetration envisaged in this chapter are divided into two parts according to posture and special acts." ----- Vatsyayana from the Kama Sutra translated by Alain Danielou

Hitting The Spot

We'd love for this section to tell you exactly which posture you must use to best hit your beloved's G-Spot. But we can't.

Unless we coach you in person, there are too many variables for us to know what's ideal for you. Is your Sacred Gate deep or shallow? Do your jewels fit tight or loose? What are your vajra and yoni like? What's your level of passion and turn-on at each moment? What's your sexual stamina?

In any given lovemaking session, the following factors can influence how well vajra contacts your Sacred Gate...

- Fit based on relative vajra girth & yoni width
- Fit based on relative vajra length & yoni depth
- His & her PC strength & tone
- G-Spot type & location
- Erection hardness, curvature, & angle relative to his body
- Yoni 's natural angle and configuration
- G-Spot sensitivity and preferred strokes
- Pubic bone contact between him and her
- Location and sensitivity of urethral meatus
- Angle of vajra entry due to chosen sexual posture.

As we've said so many times, degree of excitement affects Sacred Gate pleasure so we can't leave loveplay, especially regarding clio out of this equation.

Just don't give up hope! The truth is out there. Or more accurately, in there. You just have to put on your intrepid explorer hats and experiment. Make believe you're Lewis and he's Clark. Or the other way around if you prefer.

This chapter lists all the sexual positions you have to choose from. And practices to test out which work best for you. By being aware of the above variables while you're playing, and of course staying in close communication, you'll become your own best sex coaches.

Choosing Sexual Positions & Postures

The Kama Sutra is well known for its description and graphic depiction of numerous sexual positions. Lesser known are similar treatises like the ninth-century Chandamaharosana Tantra or the Great Moon Elixir, the sixteenth-century Ananga-Ranga or Stage Of Love, the Taoist Sexual Handbook Of The Dark Girl from 600 AD, or the Secrets Methods Of The Plain Girl written for the Yellow Emperor of China.

In other words, you have lots to choose from. Certainly, we encourage you to experiment and try them all. At least, all the ones your body can fit into without injury.

There are seven basic sexual *positions*...

- **Shakti Position** (woman on top),
- **Cow Position** (rear entry),
- **Transverse Position** (side-to-side),
- **Shiva Position** (man on top),
- **Kneeling Position** (man between her legs),
- **Yab-Yum Position** (sitting),
- **Dancing Position** (standing).

You can modify each using multiple *variations* by moving torsos, adjusting limbs, and shifting weight. To bring some order to all the options, we've grouped the variations of each position into several categories that we call *postures*.

The listings below contain several postures for each of the seven positions. Each posture can be changed into several variations.

Over the long term, Yoga practitioners develop strong and supple bodies. Many Kama Sutra lovemaking positions derive from Yoga stances (asanas). In actual fact, many of these are too physically demanding for the average modern lover. No matter, the variety of new and exciting alternatives for most people is still ample.

Posture Listing

We originally included the applicable Kama Sutra names for postures and variations in our listing. Because the names are strange and somewhat obscure, this made our list somewhat confusing. Since your main concern is finding the best ways for vajra to hit the Sacred Gate with your unique anatomies, we figured you wouldn't mind if we simplified things by leaving out the history.

Here is our list of the postures you can play with for each of the seven major sex positions. They're all described in detail later in this chapter.

Shakti Position (Woman On Top, He's On His Back)

Kneeling Forward: she kneels over, facing his head.

Squatting Forward: she squats over, facing his head.

Laying Forward: she lays forward, facing his head.

Sitting On Top: she sits on of him.

Facing Backwards: she faces his feet.

Cow Position (Rear Entry)

Bent Over: she's bent over with him behind.

Face Down: she lays face down, he's on top.

Sideways: she's on her side, he's behind her.

Transverse Position (Side-to-Side)

Woman On Back: she's on her back, he's at right angles to her.

Woman On Side: she's on her side, he kneels behind her.

Both On Sides: they face each other, both on their sides.

Shiva Position (Man On Top, Woman On Back)

Her Legs Together: her legs are together.

Flanquette: she's half-facing him.

Her Legs Wide: her thighs are wide, he's between her legs.

Her Legs Up: her legs are high.

Kneeling Shiva Position (She's On Her Back, He's Between Her Legs)

Wide Open: her body is raised up.

Holding: she holds him tight.

Chest: her feet are on his chest.

Shoulders: her feet are on his shoulders.

Head: her feet are on his head.

Yab-Yum Position (Sitting)

Yab-Yum: he sits cross-legged with her on his lap.

Straddling: they straddle one another with one or more legs.

Raised: he sits cross-legged, she's on his lap with legs raised.

Leaning: from yab-yum both lean back part-way.

Further Back: from yab-yum both lean back to the floor.

Dancing Position (Standing)

Both Standing: both stand.

Suspended: she's suspended from his body.

Bed Or Table: she lays on back, he stands between her legs.

Love Swing: she lays in a hammock, he stands between her legs.

Positions Experiments

Below we describe each of the seven major positions, each followed by a practice. These Positions Experiments are your chance to explore all the maithuna arrangements that work for your bodies. These lovemaking sessions are designed to help you discover which sexual postures and variations create the most Sacred Gate pleasure for the combination of your unique physiques in the most comfortable way.

We recommend that during each practice you play with one or two postures at a time. Don't try to experiment with every variation for every posture during one practice session. You decide what you like by seeing how much pleasure you can generate, not by just going through the motions, right?

Plan to repeat this practice with several new options each time. Even after years of maithuna, we are still finding new variations that we enjoy and want to spend more time in.

Once you've explored everything you want to, you'll know what you prefer and how you can adjust your arrangement at different times to create the desired effect. By this we mean things like do you want to...

- heighten your sensation,
- slow your peaking,
- increase G-Spot pressure,
- deepen intimate connection,
- push for orgasm, etc.

You'll become the joint conductors of your musical symphony. Or maybe jazz is a better metaphor, where you concentrate on improvisation in the moment.

Order Of Experiments

What's the best order for experimenting? There's no gospel or standard way. Maybe you'll want to try to reach the Sacred Gate with some familiar postures first. Then in later sessions you can bring in more inventive and challenging variations to find out how they feel. You may be pleasantly surprised.

While practicing different variations within a posture, give some attention to your transitions...

- What flows best from one to the next?
- Do you want to gradually move into another variation that only requires a slight adjustment?
- Do you want to try something radically different to change the mood?

- Do you want to simply bask longer in the pleasure from what you're doing right now?

As before, begin each practice session by agreeing which postures and variations you want to test out.

There are so many ways for vajra to enter yoni. You see how much "arduous" practice is ahead of you (joke). Now just think about it for a minute. Practicing sex. What could be a more fulfilling educational experience? Wow!

We hope you glean as much pleasure from your experiments as we did writing this ebook.

Shakti Position (Woman On Top, Man On His Back)

One of the best positions for Sacred Gate play is with the man on his back and the woman on top facing towards him. This makes it easy for her to control the depth, angle, speed, pressure, and rhythm of thrusting.

She can move fast, slow, deep, shallow, up and down, and side to side. The woman is in charge of extending loveplay or pushing for orgasm. She can push his legs together or apart, varying the tightness of vajra's fit. In some variations, she can lean over to kiss him, rub her clitoris on his pubic bone, or pleasure her clitoris herself.

Because the woman is in the driver's seat, we call it the Shakti Position, since the Goddess has most of the power, acts as initiator, and her energy leads.

Many of the following postures can be varied by the man putting his legs out straight, raising his knees or hips, or bending his legs with knees open...

Kneeling Forward Posture

With the woman kneeling over her lover while facing towards his head, she can sit upright, lean forward, or lean back.

Squatting Forward Posture

When the woman squats over her lover while facing towards his head, she can bounce up and down with her feet on the bed or on his thighs.

Laying Forward Posture

With the woman laying forward and facing towards the man's head, she can lay flat on top of him with her legs inside or outside his.

Sitting On Top Posture

In the variations of this posture, the woman sits on top of the man facing towards him, away from him, or sideways with her legs on top of his body.

Facing Backwards Posture

When the woman faces backwards towards the man's feet, she can sit over him or kneel while leaning forwards, backwards, or rocking.

PRACTICE: Shakti Position Experiments

Purpose

To practice different postures and variations of the Shakti Position.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Discuss Partnering Questions. We've suggested that you discuss which postures of the Shakti Position you want to try first. Say, you decide to explore the Kneeling Forward and Squatting Forward Postures this time.

Agree on any signals or alert words that you want to be prepared to use.

Agree on any options you want to be open for or signals that you may need.

2. LOVEPLAY

Ritually undress each other, whispering endearments and compliments as you reveal each body part. Exchange whatever loveplay turns you both on. Using Tantric touch, give your beloved a soft slow sensuous massage. Play with vajra and yoni using your hands, mouths, and tongues. Use Orgasmic Breathing to insure both of your inner energy channels are hot, full, and flowing.

3. MAITHUNA

The gracious Shiva always asks permission before vajra enters yoni and vice versa. Slowly move into lovemaking, emphasizing one of the variations of the first posture you've agreed to play with. Experiment with different speeds, angles, pressures, and rhythms. Stay conscious of all your sensations and sexual energy flows. Adjust however you can within the variation for maximum contact on the Sacred Gate. Show what you're feeling and synchronize your efforts. Pause occasionally, communicate, and enjoy, but be willing to shift when your body or partner needs a change.

4. NEXT VARIATION

When you agree that you've fully explored the first variation and thoroughly enjoyed all its pleasures, try the others in the same way. Without changing your primary posture, move into different variations by adjusting your leg positions and weight distribution as described above.

5. NEXT POSTURE

When you agree that you've fully explored all the listed variations for the posture and enjoyed them to their fullest, check in to see how you're both feeling. If you're still energetic and hot to trot, try one or two more postures in the same way. Watch that you don't rush through without smelling the flowers. Remember, pleasure is your goal, not completing any agenda. You have lots of time for more homework later.

6. ORGASM

If you've been filling your pleasure balloons and flying higher and higher by exchanging orgasmic energy, you may experience the Tantric truth that loveplay doesn't require explosive orgasm for a sense of completeness. But if you want to, go right ahead and go for it all the way. Enjoy.

7. CLOSING

When you're ready to wind down, maintain intimacy physically and emotionally. As vajra is removed, cover yoni or each other's heart with your hands to keep your sweet connection alive. Touch each other softly and gently. Just feel what you're both feeling. If you want, talk about what you experienced, liked and didn't, and what you'd like to try next time. Share appreciation for each other. Spoon with your chakras aligned, synchronizing your breathing. Close with a Heart Salutation, bow, hug, or kiss.

Cow Position (Rear Entry)

For most mammals other than humans, rear entry is the only option. Rear entry affords some of the deepest reach. Because yoni is angled up, the deeper that vajra penetrates, the greater the chance of hitting deep G-Spots. The higher the man rides behind his beloved, the more he can aim at a shallow G-Spot.

Rear entry postures allow a man more freedom of movement than his lover. However, Shakti can swivel, sway, and raise her butt to guide vajra to her sweetest spots. By closing or spreading her legs, she can regulate the tightness of the fit. She can also play with her clito easily in this position. Experiment with pillows underneath Shakti to adjust the angle of the fit.

One disadvantage of the Cow Position is that communication is more difficult. You can't see each other or maintain eye contact. Since penetration that's too deep can be painful, you need to be careful to lengthen strokes gradually and gently.

Bent Over Posture

Standing, she bends over supporting herself with her hands on the bed or floor, or gets on her knees and supports herself with her hands, elbows, or shoulders while he stands or kneels behind her.

Face Down Posture

The woman lays flat on her stomach or on a pillow under her hips, face down on the bed. He kneels behind her or lays flat on top of her with his legs inside or outside hers.

Sideways Posture

When she's on her side, he can kneel behind her or get on his side and spoon her so they cup each other with knees bent while he's tucked up against her back.

PRACTICE: Cow Position Experiments

Purpose

Now you get to play with the postures and variations for the Cow Position.

Description

Since you're been through the experimenting regimen with the Shakti Position, we're not going to reproduce the practice details over and over. If you forget what the headings stand for, simply refer back to the Shakti Position practice.

1. PREPARE WITH 5 TANTRIC S's
2. LOVEPLAY
3. MAITHUNA
4. NEXT VARIATION
5. NEXT POSTURE
6. ORGASM
7. CLOSING

Transverse Position (Side-to-Side)

The advantage of side-to-side postures is that both lovers can vary their thrusting without the effort of supporting themselves. She doesn't have to depend on him, or vice versa.

The Goddess's hips are free enough that she can direct the angle of pumping to address her Sacred Gate most directly. The man can adjust his thrusting by moving one or both of knees up

towards her. Both can lie next to each other or at right angles in order to redirect vajra towards her G-Spot.

Woman On Back Posture

The woman lays on her back with the man laying at right angles to her with his legs intertwined with hers (the popular Scissors Position). Or she can put her legs over his hips, or on her chest.

Woman On Side Posture

She lies on her side with legs drawn up towards her chest while the man kneels behind her.

Both On Sides Posture

They face each other on their sides with their legs straight or intertwined, one over the other's hips, or him between her legs.

PRACTICE: Transverse Position Experiments

Purpose

Now you get to play with the postures and variations for the Transverse Position.

1. PREPARE WITH 5 TANTRIC S's
2. LOVEPLAY
3. MAITHUNA
4. NEXT VARIATION
5. NEXT POSTURE
6. ORGASM
7. CLOSING

Shiva Position (Man On Top)

These postures are generally called the "Missionary Position" because it was used by the Europeans who came to convert the amused Polynesians. They thought the man on top position was funny because they so much preferred squatting lovemaking postures.

Mostly, the man superior position has wide freedom of movement and the woman below has little. Uninventive use of the missionary position often misses the Goddess's Sacred Gate due to its typical angle of penetration.

There are adjustments for the Shiva Position that allow for good G-Spot contact. That's where he's holding her butt in the air, she raises her hips with pillows, or she adjusts yoni's orientation with various leg adjustments. By raising her hips, she can direct vajra to the front wall of yoni and often to the Sacred Gate.

Her Legs Together Posture

On top of her with her legs together, he can move his legs inside, outside, or on top of hers with his weight on his hands, elbows, or knees. These variations of the classic Missionary Position with her legs together compensate for imperfect vajra-yoni fit but don't allow much opportunity to guide vajra to the Sacred Gate.

Flanquette Posture

The French call half-facing variations of the Missionary Position "Flanquette." This is where his body is swiveled to one side of hers. He can put one leg between hers or both to one side. She can place one leg across his thigh.

Her Legs Wide Posture

She opens her legs wide with her knees up or down or wrapped around him as he lays on top and supports himself on his hands or elbows.

Her Legs Up Posture

As Shakti raises her legs more and more, she initially directs vajra deeper, then deep against yoni's front wall, and then further and further towards yoni's opening. She does this by bending her legs back and raising her knees and placing them on his chest or shoulders. For many women, this is great for Sacred Gate play.

PRACTICE: Shiva Position Experiments

Purpose

Now you get to play with the postures and variations for the Shiva Position.

1. PREPARE WITH 5 TANTRIC S's
2. LOVEPLAY
3. MAITHUNA
4. NEXT VARIATION
5. NEXT POSTURE
6. ORGASM
7. CLOSING

Kneeling Shiva Position (Man Between Her Legs)

In these postures, the man kneels, squats, or sits between the Goddess's legs. With these adjustments of the old Missionary Position, different angles and depths of penetration can be reached. In almost all cases she's on her back with her legs or hips raised.

Wide Open Posture

To compensate for a too-tight fit, she spreads her legs with her knees or butt up while he kneels between her legs, possibly supporting her.

Holding Posture

In these wide open variations with him kneeling, her legs hold him between her thighs with her legs in the air, on either side of his waist, or crossed around his back.

Chest Posture

Here she puts one or both feet or knees on his chest to raise her hips and adjust her orientation for maximum Sacred Gate contact, possibly crossing her feet or knees, while he kneels before her.

Shoulders Posture

To raise even higher, she puts one or both legs or feet on his shoulders, alternating them, or crossing them.

Head Posture

In these more acrobatic variations, she rests one or both feet on his head or third eye for the maximum elevation.

PRACTICE: Kneeling Shiva Position Experiments

Purpose

Now you get to play with the postures and variations for the Kneeling Shiva Position.

1. PREPARE WITH 5 TANTRIC S's
2. LOVEPLAY
3. MAITHUNA
4. NEXT VARIATION
5. NEXT POSTURE
6. ORGASM
7. CLOSING

Yab-Yum Position (Sitting)

Yab-yum means mother-father because the Hindu creation myth portrays Shakti sitting on Shiva's lap with the fruits of their lovemaking dripping down and creating the universe.

Sitting lovemaking postures are some of the most intimate and energetically satisfying, but demanding physically. Yab-yum is revered by Tantrikas because it is so energetically powerful with all the couple's chakras in alignment.

The delight of yab-yum, the classic Tantric lovemaking position with Shakti on Shiva's lap, provides great motivation to go to the gym regularly or develop greater flexibility with Yoga postures.

Most sitting postures don't allow much freedom of movement and therefore aren't the most likely for G-Spot contact. He needs a strong and lasting erection, and she needs strong PC muscles to milk a waning vajra. If both lovers have flexible hips, adjusting the angle of vajra's entry is possible. If he has strong PC muscles, he can apply wonderful pressure to her Sacred Gate steadily or by tapping.

Yab-Yum Posture

In the classic Tantric maithuna posture, he sits in lotus position with one leg crossed over the other, half-lotus with one underneath and the other crossed in front, or with legs straight while she wraps her legs around his back. Yab-yum is also fun on a chair with her facing towards him or away from him.

Straddling Posture

By kneeling, squatting, or sitting, lovers can straddle each other, approximating yab-yum by wrapping one or both legs around the other.

Raised Posture

From yab-yum or straddling, the woman raises one or both legs that she holds in her hands, he supports in the crooks of his elbows, or she rests on his shoulders.

Leaning Posture

From yab-yum, both lovers lean back, supporting themselves with pillows or arms, with her legs on either side of his hips, on his shoulders, or both rest their legs on each other's shoulders.

Further Back Posture

From the leaning posture, both hold each other's arms, swing to and fro, or lay flat on their backs.

PRACTICE: Yab-Yum Position Experiments

Purpose

Now you get to play with the postures and variations for the Yab-Yum Position.

1. PREPARE WITH 5 TANTRIC S's
2. LOVEPLAY
3. MAITHUNA
4. NEXT VARIATION
5. NEXT POSTURE
6. ORGASM
7. CLOSING

Dancing Position (Standing)

Standing postures are sure exciting, but require the greatest strength and agility. Knee bending is essential for thrusting, and pelvic rocking is a must for G-Spot contact. We just wouldn't put this one anywhere near the top of the list for Sacred Gate stimulation.

Lift-off requires the greatest exertion for these postures. A reasonably strong man with a lighter woman can enjoy some ecstatic minutes standing, walking, or even dancing.

Both Standing Posture

With both standing, they can face each other, support themselves against a wall while entwined, or he can hold one of hers legs against his hip.

Suspended Posture

With both standing, the Goddess is suspended from his body while she sits on his joined-together hands, he holds her up with his hands under her thighs, or he holds her above his waist by supporting both of her widespread legs in the crooks of his elbows.

Bed Or Table Posture

She sits or lays on her back on the edge of a bed or table while he stands between her legs with her legs stretched out at his sides, wrapped around him, or high in front of him.

Love Swing Posture

One way to make the standing position more comfortable is to buy a **love swing**. This is basically an adjustable hammock open on one end that you suspend from the ceiling (or collapsible metal frame). The Goddess lays fully supported on her back with her butt at the edge of the fabric. Good love swings include stirrups for her feet and a center bar she can grab with her hands. He can move in and out or pull her to and fro onto vajra by holding the swing's sides.

PRACTICE: Dancing Position Experiments

Purpose

Now you get to play with the postures and variations for the Dancing Position.

1. PREPARE WITH 5 TANTRIC S's
2. LOVEPLAY
3. MAITHUNA
4. NEXT VARIATION
5. NEXT POSTURE
6. ORGASM
7. CLOSING

9.7 Closing Section

After your initial experimentation, we urge you to repeat these practices often to keep your lovemaking fresh, alive, and creative. If you approach each maithuna session with a clear mind, open heart, and childlike exuberance, you'll have lots to play with forever.

The Kama Sutra and related texts from the ancients provide a wide array of positions and variations of these positions that allow us to talk about and practice some highly exotic postures. Oh, what fun.

As we've said on many occasions, every couple is different, every fit is unique. Let's not forget to mention emotional variables, relationship issues, and comfort in communicating about sex. Everything is open to change in the moment.

Remember that the Sacred Gate can be quite shy. She needs to be carefully and lovingly coaxed into showing herself. This is even more true during maithuna.

This chapter gives you a thorough but relatively short description of the positions described in the Kama Sutra. Ancient Indians weren't that interested in finding the woman's Sacred Gate and turning her into a multiply orgasmic lover. So their descriptions don't indicate how well they'll work for you and your partner in finding Shakti's G-Spot.

Only practice and your attention to sensation will answer that question for you.

We've discovered that level of turn on and engorgement has a lot to do with how well Jeffre's Sacred Gate is stimulated during maithuna. It isn't solely about position, but that is very important.

Enjoy experimenting. We hope you never stop experimenting with one another. You are each a vast sea of pleasure and change. Ride with it, play with it, thoroughly enjoy it. You are love.

Chapter 10: Female Ejaculation

"In the lightening rise of the Kundalini, we will emit divine nectar, which is entirely different in nature from sperm or the arousal fluids of the woman. This deep emission is the juice of ecstasy. It opens the door of the Infinite to the Tantrika, the door of Absolute consciousness, of Being, of the Great Void, which is one of the names of Shiva." ----- Daniel Odier in Tantric Quest

10.1 Opening Section

Purposes

The purposes of this chapter are to...

- Understand how female ejaculation occurs.
- Accept that female ejaculation is good.
- Learn how to do it and enjoy it immensely if you want to.

Try It, You'll Like It

Remember the punch line from the TV ad some years ago "Try It, You'll Like It?" That's how we feel about female ejaculation.

Now maybe you don't believe that it really happens, like many doctors. Well, believe us, it can. Many women are natural ejaculators. Others have taught themselves to be.

Maybe you don't think it's normal. Well, actually it's quite common. In one of our recent on-line surveys, two-third of our female visitors reported that they do it. We believe it happens much more often than many women realize.

Scientists estimate that from 10% to 40% of women are conscious of ejaculating when their G-Spot swells with adequate arousal and massage. This means they can tell when they emit sexual fluids distinct from yoni lubrication (Tantric for vagina).

Some dribble, some gush, some downright squirt and spray. Mostly this happens during orgasm, but some women do it at other times, too, when really turned-on.

It's Truly Wonderful Stuff, Really

Maybe you're grossed out by the whole idea because you mistakenly think the fluid some women emit when they're really turned on is pee. Well, it's not. Any woman with this false belief would undoubtedly have trouble allowing herself to let go.

Before you're done with this chapter, you'll learn what it really is and why it's so wonderful.

Maybe you're not interested because you don't understand why it's worth the effort. Believe Jeffre when she says it's not just for show. "It's a truly ecstatic experience you don't want to miss out on!" Since the payoff in sexual ecstasy is so fantastic, you definitely want to explore your Goddess-given talent to gush.

Those sexually liberated females who understand the gift of ejaculation relish this feeling of warm release. The same with their enlightened lovers who swoon when showered with such an intimate gift. Somraj, for one, finds supreme delight in being doused by amrita (Tantric for female ejaculate).

Or maybe you fail to see the point because you didn't know you can learn. Believe us, any woman can develop the knack. Before you're done with this chapter, you'll know exactly how to go for it. If you do the practices near the end, we're confident you'll be joyously flowing your feminine waters with the best of Goddesses.

Where To Start

Tantra honors and encourages being spontaneous and consciously acting on your true desires. So previously we've advocated that you read and act on what interests you most in this ebook. If you're as titillated by female ejaculation as we are, you might have come to this chapter directly. We applaud you for going for what you want.

It's only fair to warn you that learning female ejaculation depends on many other things, the things we've written about earlier. Dribbling, squirting, and gushing is a package deal, depending on much of what came before.

You need to understand female anatomy, Sacred Gate massage (Tantric for G-Spot), and orgasmic response. We can't promise, but knowing about Tantric healing, building sacred intimacy, and sexual energy may be essential for you personally. A woman with a well-trained partner who already experiences mind-blowing Sacred Gate Orgasms is already on the verge of gushing big time.

Did you know that the word *orgasm* comes from the Greek, "to swell with wetness?"

So we encourage you to take the long slow Tantric view. Anything worth doing is worth doing with as much pleasure as possible. Which means read and practice with the previous chapters before attempting to master female ejaculation.

On the other hand, if you're committed to trying it now, go for it with our love and support. If you don't get the hang of it quickly, you can always go back to study the skills earlier in this ebook.

Why Ejaculate?

If you're a woman, why would YOU want to learn to let your waters flow? If your partner is a woman, why would you want HER to learn?

We don't think you need a profound answer to these questions. You just need an answer. It's part of waking up to conscious lovemaking.

Whether you just think it's cool, or you want to experience something new, or you imagine that having continuous orgasms would be ecstatic, you're on a great track. It's just another of life's intrinsic flows. If you say "Yes!" to life as Tantric teaches, you'll probably want to say yes to ejaculating.

Anyway, here are a few other good reasons to choose from...

Normal: Gushing during sex is normal and natural so why not join the growing crowd of female ejaculators.

Pleasure: Learning to let your waters flow increases your sensitivity and enhances your pleasure. Besides it's just plain fun.

Potential: All women are born with the sexual anatomy and physical ability to do it. So why not be all you can be?

Liberating: Learning to let go is liberating. When you can surrender to the full sexual power lying dormant deep within, you free untapped reservoirs of life force.

Orgasms: A wet orgasm is often a great orgasm. Why not strive to have bigger, better, stronger ones if you can?

Healing: Learning to ejaculate can help you release negative emotions trapped in your tissues creating sexual blocks and inhibitions.

Rekindling: If you've lost interest in sex, love, and intimacy with your beloved, learning to ejaculate can be a great way to recapture them.

Equality: Men get to make a big wet spot now and then, so why not women? It's empowering to many women to learn to "spill their seed" and be applauded for it like guys for so long.

Do You Want To?

Women, if you're not yet multi-orgasmic or haven't yet ejaculated, not to worry. If you choose to learn, we'll tell you exactly how to do it in the following pages.

If you don't want to ejaculate, we honor that, too. Some women just can't get past their own or their partner's feelings of disgust. There is nothing wrong with saying no to squirting for now. Maybe you'll change your mind in the future. Or maybe you won't.

Either way, love yourself, love your sex, love your orgasms. You don't have to be able to ejaculate to be okay. We don't want to suggest for a moment that you're inadequate if you don't ejaculate or if you can't make your partner gush.

Ejaculation is just another item on the great menu of ecstatic sexuality. It's a preference, like same-sex play or anal sex. Go for it if you want to. Leave it alone for now if you don't. There are so many delicious things to choose from in this ebook, go ahead and devour just what you're hungry for now.

This is important for partners of would-be ejaculators as well. Remember, pleasure is the only goal. It's essential that you don't set up any sort of standards by which you measure each other. Pressure to perform is one powerful way to prevent your beloved from letting go and gushing.

We want you to be able to ejaculate if you choose to because it is simply another pleasurable experience, not because it makes you any better, or any sexier. You don't have to let your waters flow to enjoy sex immensely.

Comments From A Satisfied Reader

"I read your article about female ejaculation. I had never heard of it until I actually did it. I attribute it to the fact that I have become relaxed with my sexuality and therefore not afraid to release. I never orgasmed when I was younger. The first time was when I was 38 (I am 42 now). I have 'shot' up to 3 feet before but last weekend I shocked myself and my boyfriend. He was between my legs and playing with my G-Spot and Clit, I shot right at him. So much came out that he was soaked from chest to lower belly. I was embarrassed at first until I saw the glint in his eyes and the smile on his face. He LOVED It. Now I am even more relaxed with who I am. He is very much into Tantra Sex and he is teaching me more every time we are together. I have also found an erogenous zone on him that makes him shudder."

----- Cathy from Medicine Hat, Alberta, Canada

EXERCISE: Interest Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- What's your reaction to the whole idea of ejaculating?
- Have you or your partner ever ejaculated? If so, how was it?
- Would you like to learn or have your partner learn?
- Why?

10.2 Background Section

Ancient History

Is female gushing a new thing? Not in the least.

Female ejaculation was well known and revered by Tantric adepts in ancient India thousands of years ago. The Chinese, Japanese, Arabians, Greeks, Africans, Pacific Islanders,

and Native Americans all knew about it. Ancient Chinese texts make many references to a woman's "water flowing." Shunga art in 16th century Japan celebrates it in graphic detail.

Western historical reference began as early as the 4th century BC by Aristotle. Galen, the father of modern medicine, wrote about it in the 2nd century AD. The famous Hindu love guide, the Kama Sutra, makes free reference to it a couple centuries later...

"The semen of women continues to fall from the beginning of the sexual union to its end, in the same way as that of the male."

Interestingly, William Shakespeare makes reference to "the water of my love."

The first modern description of female ejaculation came in 1672 by the Dutch physiologist Regnier DeGraaf. He wrote that during the sexual act, the G-Spot discharges a fluid so copiously that it even flows outside the yoni. He explained where it comes from and explained that the "rushing out" of this fluid "with impetus" and "in one gush" causes as much pleasure for women as ejaculation does for men.

In 1880, Dr. Alexander Skene further described the responsible glands and ducts around the urethra that DeGraaf identified. As a result, some scientists began calling these the "Skene's Glands."

Modern History

Of course, back then they didn't call it the G-Spot. The "G" was adopted in honor of the German obstetrician Dr. Ernst Gräfenberg who published a scientific article about this orgasmic trigger in 1950. About ejaculation he wrote...

"The convulsory expulsion of fluids occurs always at the acme of the orgasm and simultaneously with it."

In 1978, Josephine Lowndes Sevely and J. W. Bennett published their findings that some women ejaculate. They stated that the source of the fluid is the...

"Female prostate, a system of glands and ducts which surrounds the female urethra and develops from the same embryological tissue as the male prostate."

Today, more and more sexologists are referring to the G-Spot as the female prostate.

What really put female ejaculation in the public eye was the media attention directed to the ground-breaking 1982 book by Alice Lada, Beverly Whipple, and John Perry, The G-Spot And Other Recent Discoveries About Human Sexuality. They wrote...

"At the moment of orgasm, many women ejaculate a liquid through the urethra that is chemically similar to male ejaculate but contains no sperm."

Controversies

You may have already read about the controversies regarding the existence of the Sacred Gate or G-Spot. Needless to say, there's been even more controversy about female ejaculation. Despite the conclusive evidence that it exists and has been documented as early as the Greek Golden Age, many authorities have refused to acknowledge its existence. If you ask your family physician or even your gynecologist about it, you may be surprised at the negative response.

We believe this limited view exists largely because our culture discounts the ancient belief that sex and the power of female sexuality are sacred. It's only since the late 1990s that serious research has begun investigating female sexuality and sexual physiology, separate and distinct from male sexuality.

Because of this ignorance, in the modern USA many hapless women have had completely unnecessary surgery to correct urinary incontinence. MD's call unwanted peeing *incontinence*. It makes us sick to think of the lives toyed with destructively and unnecessarily when all these women were doing was something normal, healthy, and pleasurable. Goddess only knows what damage those surgeries did to the sex lives of countless unfortunate women and their partners.

On the bright side, it doesn't take much to prove the existence of female ejaculation. Some internet websites specialize in showing it. Today, porn stars and sexuality teachers demonstrate it proudly and routinely.

The ultimate proof will be your own. We come back to where we started: try it, you'll like it.

Sex Negative Cultural Conditioning

While we're on the subject of history, it's interesting to consider the Batoro, an indigenous tribe in Uganda, who teach their young women to ejaculate before marriage. Batoro women who can "spray the wall" are considered to be more desirable than those who can't.

Now, that's a twist in sharp contrast to the modern world. Imagine having your mom, your aunts, and their best friends teaching you how to have Sacred Gate Orgasms and soak the bed with amrita. Kinda blows your mind, right?

The Batoro elevate sexual pleasure to a respected place in society. They believe it's good, therefore causing no psychological conflict. We wish modern Westerners could honor their sexuality so fully. Many of our social and physical problems come from sexual ignorance and wounding early in life leading to unfulfilling sex lives, not to mention unfulfilling lives in general.

We hope your own journey toward being a fully sexual woman or man will allow you to be open with your children. Wouldn't it be great if all parents approached sex in a way that doesn't perpetuate their own shame and doubt? Wouldn't it be wonderful if all parents supported their children's growth, confidence, and pride in their ability to be sexual?

If you're proud of your sexuality and feel no shame about it, you will find it easier to be more frank with your children than your parents were with you.

Your example is always the most powerful teacher.

A Story About How It Really Should Be

The man and woman checked into the motel about three in the afternoon.

The room had mirrors all around, including over the bed. A large hot tub was in the corner. They plugged in the boombox and started playing their favorite lovemaking music. After decorating the room with sarongs, flowers, statues, candles, and ample towels all over the bed, they undressed slowly for each other.

"I want to pleasure you beyond your wildest dreams," he said as he looked into her eyes. She sighed deeply and began to lightly scratch his shoulder and arm. His vajra (penis) began showing signs of growth. She knew she was already tumesced (her vulva was swollen) but she wanted to go slowly and savor every moment.

They opened the bottle of champagne. He filled the two glasses with bubbly. They crawled into the tub and gazed deeply into one another's eyes. "I love you with all of my being," she whispered. His mouth opened and with wonder, "My God, you're so beautiful."

After lightly bathing and laughing a lot, they dried each other off and moved over to the king-size bed.

After about an hour of stroking, lightly massaging each other, delicious licking, lots of moaning and energetic Tantric Orgasms, he was more than fully erect. Vajra was hard as a rock. Fortunately, yoni was very swollen and juicy and ready to be penetrated.

"May vajra visit your secret garden?" he asked and she answered breathlessly.

Looking deeply into her soul, he slowly lowered himself and vajra began to penetrate yoni. He was attentive to the speed as he carefully moved in and then out. Vajra entered just a little more with each stroke, because he knew that was exactly what turned her on the most.

The deeper he went, the louder and louder became her screams. When he was all the way in, she had her next orgasm. It didn't seem to matter what position they were in, both were freely having Tantric energy orgasms. Interspersed in her peaks and climaxes was the feeling that her waters were beginning to flow.

She was slipping into the Orgasm-Zone and found that her orgasms were coming regularly. The "O-Zone" is that space where orgasms are continuous, effortless, and triggered by virtually any stimulus. With each orgasm, she would push out without even thinking about it. Her partner responded by making sure his cock didn't come out all the way.

With vajra at the opening of yoni, he could feel the ejaculate warm and wet on his cock. She would writhe and moan and he would then move inside all the way, again.

With each orgasm her ejaculation became more voluminous. After about ten orgasms like this, he just had to look. Being turned on visually like most guys, he wanted to see the amrita pour out.

The next time she orgasmed and pushed out, he withdrew vajra all the way and watched a huge amount of ejaculate gush from her yoni and spray him. They both simultaneously exclaimed "wow" and laughed. Without much delay, he put vajra back inside her so they stroke more and more. Why not, it just felt so oh, oh good.

When both began to tire and feel a little hungry, they decided to take a break. Before closing, they cuddled up close and whispered "sweet everything" into one another's ear. Both agreed it was the hottest sex they had had in a very long time.

Both knew there was more to be had after dinner. Yippee!!

By the way, the towels covering the bed were completely soaked.

EXERCISE: Attitude Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- What taboos do you feel you've inherited about female ejaculation?
- Do you have any concerns about ejaculating on your partner or having your partner ejaculate on you?
- If you could change your attitude completely, how would you like to feel about female ejaculation?

10.3 The Real Story Section

"In the yoni there is an artery called sasponda which corresponds with that of the lingam and which, when excited by the presence and energetic action of the latter, cause kama-salila to flow (semen). It is inside and towards the navel, and it is attached to certain roughnesses (thorns) which are peculiarly liable to induce the paroxysm when subjected to friction...the Madana chakra (the clitoris) in the upper part of the yoni...is connected with the Mada-vahi (sperm-flowing) artery and causes the latter to overflow." ----- Kalyana Malla in Ananga-Ranga: Stage of the Bodiless One

Tantra and Female Ejaculation

In contrast to our modern sex-negative conditioning, Tantra has viewed sex a divine gift and a pathway to higher consciousness for thousands for years. Own your pleasure and explore your sexuality fully, it says.

Tantra encourages us to experiment with pleasure by dropping the old programming that limits our ecstasy and spiritual evolution. We believe that full-out sexual play with consciousness can be a sacred ritual. Flowing your waters can be a wonderful part of this. Besides, it's good clean fun (when you make love on a couple of towels).

Tantrikas believe that Kundalini or sexual energy is the source of life. This energy is carried through your body by your breath and is capable of setting every nerve on erotic fire. That's why Tantric rituals are designed to awaken all the senses fully.

Using techniques and positions to fully experience pleasure and ecstasy, sex becomes a prayer, a communion with the Divine. The long extended orgasms found in the O-Zone transport the individual and the couple to an altered state.

This is Nirvana. This is the ecstasy of Supreme Bliss Tantra.

Who Is Shakti?

When you honor sexuality as an intrinsic part of life, you open yourself to powerful transformations. This especially applies to women. Ancient Tantra elevated female ejaculation to an art and a sacred ritual.

The Tantric way is to refer to women and their orgasmic power as Shakti, the Goddess whose power made Shiva, one of the principal Hindu gods, complete.

Tantric sexuality allows women to discover their Goddess nature, their unlimited source of pure positive life force, and become a reflection of Shakti.

The Goddess Shakti knows who she is without reservation, restriction, or inhibition. She uses her sexuality to expand her consciousness through acceptance, consciousness, and self-love. In this way, Shakti becomes a gateway for the flow of creativity when she surrenders to her essence, her profound sexuality. This creativity is powerful and transformative.

When she summons and welcomes ultimate pleasure, there is a melting and merging with the Divine as her ego disappears. She becomes pure ecstasy, embodied.

When Shakti ejaculates the divine nectar, which Tantrikas call *amrita*, she purifies herself. Tradition says amrita blesses and illuminates all it touches. Many cultures use amrita in ritual to honor, heal, and invigorate.

We know that the more often the Goddess ejaculates, the higher her orgasmic response, the more powerful and deeper her orgasms. This is how Shakti aligns with her higher sacred self through her indigenous orgasmic nature. Which is part of the reason Tantrics hold orgasm as divine and ejaculation as sacred.

We Call It "Amrita"

Being untrained in the ancient arts of Tantric love, it's easy to understand why many women and their lovers, not to mention doctors, thought that the fluid gushing out from the same place as pee had to be urine.

But it can't be, as science recently demonstrated.

Chemical analysis has proven that female ejaculate is not urine because it contains such small amounts of urine's key components. It's sweet, thin, and chemically different.

Anyone who's been with a female ejaculator knows it has little or no odor and is mostly colorless, not yellow. It's mostly clear and sometimes has little milky portion with a watery

consistency. In fact, amrita more closely resembles a thinner version of male semen, but obviously without the sperm cells.

What is ejaculate, exactly? It contains a higher level of glucose than urine. Also, it includes two components of urine, urea and creatinine, but in much smaller concentrations. Female ejaculate also contains PSA, prostate specific antigen, and the enzyme, prostatic acid phosphatase. These last two are also found in the secretions from the male prostate.

Different Kinds Of Wetness

Female ejaculate is different than the wetness that develops when a woman gets turned on. Vaginal lubrication isn't expelled from the urethra but from other glands, including the Bartholin glands on the lower wall of yoni.

As Gräfenberg pointed out in 1950, amrita appears around orgasm, not at the beginning of arousal. Even if it was thick enough, that would make it of little use as a sexual lubricant.

If you ejaculate enough, you'll be able to prove this to yourself quite quickly. You may need to add more and more lubrication from the outside as the watery amrita washes away the thicker, more slippery, friction-fighting fluids.

We've proven this all too often. Jeffre's common practice is to squirt or dribble repeatedly during our lovemaking. As a result, her thin amrita washes always the "Probe," our preferred sexual lubricant, that we use during maithuna to reduce friction and increase sensation. Reapplying Probe is just a routine part of our lovemaking as we pause at peaks and plateaus of ecstasy.

Amrita Comes In Different Ways

As Gräfenberg pointed out, amrita gushes, squirts, or dribbles at orgasm. Our experience is that it can be a trickle of a few drops or a flood of two cups or anywhere in between.

You may have seen videos where the woman gushes a great deal. We've seen it in person. Some of you may not become big gushers like this, but you can have a fantastic time learning how to flow your waters at your own level and accepting it.

The amount of ejaculate seems to vary with age, menstrual cycle, genetic factors, diet, physical apparatus, hydration, relationship comfort, and psychological barriers.

We believe many women already ejaculate but don't know it. It's highly likely that every highly aroused woman ejaculates some at orgasm. But not knowing about the possibility, many aren't aware of it. They may be dribbling such a small amount of fluid that they and their partners don't notice it. Or sadly, they may have been misled by their family physician, gynecologist, or ignorant lovers.

Some Things You Just Can't Schedule

Some women ejaculate every time they have sex. Some only with certain lovers and certain loveplay. Some rarely. Others flow only at certain times during their monthly cycle. Once you're practiced, you'll find out what kind of an ejaculator this Shakti is.

We know ejaculators who gush repeatedly and voluminously. Some self-appointed experts declare that women will ejaculate four or five times before they're spent. It's our experience that a liberated Shakti can regenerate quite quickly, maybe within 30 minutes, particularly when she is in the O-Zone.

The point we're making here is that women are different from each other and from time to time. Don't try to predict when and how much you're going to expel and force yourself.

In other words, don't conjure up some strong expectations and create hard and fast goals for yourself. Performance anxiety doesn't help. On the contrary, it impedes the flow of Shakti's waters.

From Whence Flows Amrita?

Exactly where does female ejaculate come from? You've read the historical accounts that amrita is expelled from the urethra.

The urethra is the canal that conducts urine out of the body. It's about one to one-and-a-half inches (2 to 3 cm) long, and lies just above yoni's upper front wall under the skin. The opening of the urethra is just inside or slightly above yoni's mouth.

Our friend, Dr. Gary Schubach, also known as "Doctor G," proved in his doctoral research that amrita is emitted from the urethra. He studied several copious ejaculators and, by completely emptying their bladders of urine first, clearly identified ejaculate issuing from the same place as pee, the urethral opening.

The entire urethral canal is surrounded by a series of up to 40 spongy little glands and ducts that carry the name *paraurethral sponge*. That's because "para" means "beside, near, or alongside." It's the paraurethral glands which make the tissue sensitive, erectile, and can secrete fluid in times of high arousal. The Sacred Gate or G-Spot is a part of this tissue.

The Female Prostate

Because ejaculate fluid is so similar in composition to male prostatic fluid (without the sperm cells) and the genetic origin of the sponge is the same as the male prostate, sexologists today call this tissue the *female prostate*.

Foremost among them are Dr. Milan Zaviacic, a medical professor at Comenius University in Bratislava, Slovakia. In 1999, he published twenty years of studies of women's prostates documenting their nature, configuration, and emissions. As a result of his and others' research, we know that the female prostate or paraurethral sponge contributes to female ejaculate because of the unique chemicals contained in amrita.

Zaviacic also documented the different configurations of these glands, most near yoni's mouth. This is important to recognize when learning to ejaculate or help your partner to. If you missed the details, refer back to the Sacred Landscape Chapter.

As a result of all these studies, there is now a consensus that amrita is the secretion of both the paraurethral glands and "de-urinated" fluid from the bladder. We believe that ejaculate seeps into the urethra, maybe even into the bladder, as well as into yoni through her front wall from the surrounding tissues if they're swollen enough.

EXERCISE: Ejaculation Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- How much and how often do you or your partner ejaculate?
- What part of your or your partner's urethral sponge is most sensitive and erectile?
- Do you or can you accept your or your partner's amrita as sacred?

10.4 How To Ejaculate Section

Our Wet Story

Dhyan Jeffre has always been a highly sexual woman and powerfully orgasmic. Since she practices and exercises frequently, she's developed extremely strong sexual muscles in her pelvis. As you've heard, the strength of these PC muscles determines the strength of a woman's orgasms and her ability to ejaculate.

In the past, Jeffre always had orgasms by pulling inward with her PC muscles. It wasn't until she saw a film about female ejaculation that she realized pulling in actually retards the ejaculation response.

She and Somraj began practicing with push-outs, consciously forcing the muscles around her yoni outward. Though it did take some dedicated practice before she learned how to let it happen, with this information it didn't take long. Then more practice was required for her to build the confidence that she could ejaculate regularly.

Practice is an important key to the act and the confidence that goes with it. The more the Goddess practices, the more she can depend on her response and the more easily the flow of amrita begins.

What To Do & When

For the vast majority of women, female ejaculation doesn't occur like flipping a light switch. It takes preparation, the right mood, and a high degree of arousal. Long sensuous loveplay filling your pleasure balloon completely is a prerequisite. Pelvic armoring that hasn't been healed can block the whole process. Using Orgasmic Breathing to spread the sexual energy throughout your body helps tremendously.

When you're really turned on, your whole yoni becomes engorged by filling with blood. Now that you know that amrita is expelled from a swollen female prostate, where the Sacred Gate is located, you know what needs to be focused on next.

In other words, your G-Spot has to be aroused enough to be filled with fluid. Here's where the G-Spot massage strokes from our Sacred Gate Massage Chapter come in real handy. It's essential to apply strong pressure with these strokes where the sponge is most engorged.

P-Signals

How can you know when you're ready to gush? You learn to recognize "P-Signals." We use the letter "P" because feeling the urge to Pee is the initial signal that the Sacred Gate is fully aroused and swollen. But other "P's" apply, too. You see, an engorged Paraurethral sponge/female Prostate puts the same kind of Pressure on the neck of the urethra that a full bladder does.

Understanding this feeling is vital in learning to let go and ejaculate. The sensations of the P-Signal typically occur at Peaks of Pleasure, but feel different than what you may be accustomed to. That's because it's activated by the Pelvic nerve, not the one that serves clitoral orgasm.

We believe that female ejaculation is instinctual, buried deep within the ancient recesses of your brainstem. To ejaculate, you have to let go of control by your conscious mind and get out of your own way. When you feel the P-Signal, you need to relax and let the sensation wash over you. Often, the feelings shoot down your legs.

If you're afraid of spraying yourself, your partner, and the bed with urine, you'll never let go. That's why it's essential that you empty your bladder fully beforehand or anytime it feels full. And protect your sheets or other playing surface with Luv Liners or Luv Linens. Then you won't worry about wetting the bed or furniture with the wrong stuff.

Push, Push, Push

That's lots of P's, but not the key one yet. Once you learn to shower and gush, you'll understand that the "P" in P-Signal really stands for "Push out." We mean the same kind of muscle contractions that you use to empty your bladder or your bowels or to give birth. Yes, that kind of pushing.

It's not uncommon that women who give birth pee or defecate. Many women report having the most phenomenal orgasm of their life while giving birth. Wow, what a concept. Mothers who orgasm.

To ejaculate, insure you're excited enough and then simply push the fluid out at a pleasure peak. This requires flexing the PC, your inner sexual muscles, when you get the P-Signal. When first learning, removing the finger, toy, or vajra from yoni encourages squirting.

Sacred Gate Orgasm helps many by creating strong deep contractions, but sexually powerful women with strong PCs can squirt without climaxing.

Can you see how female ejaculation is the culmination of everything earlier in this ebook? Now maybe our recommendation to read the earlier chapters makes even better sense.

EXERCISE: P-Signal Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- Have you ever felt the P-Signal?
- What did you think it was?
- What did you do?

With A Will There's A Way

The sexual anatomy of women is deliciously intertwined and integrated. The majority of women learn to ejaculate through G-Spot play. Which is why we call the G-Spot the Sacred Gate to Supreme Bliss. In an experienced ejaculator, this gushing can happen from other sources.

Maybe a little explanation is in order to make this clearer.

You have at least two physical channels of stimulation: the Sacred Gate and the clitoris, which we call clio. The fact is that clio and yoni's outsides are fed by one nerve and yoni's inside, where the G-Spot is, by another. The average female lover gets more outside clio stimulation during sexual play than inside Sacred Gate contact.

When this second powerful inner pathway is opened up, you'll probably experience waves of pleasure much more intense than anything you've ever felt before. This often breaks through ingrained resistance, allowing the divine nectar to flow. In Tantra, we believe this is Shakti's natural state.

When you fully open to your sexual power, you can ejaculate from either Sacred Gate or clio stimulation, or from both together.

Other Pathways To Gushing

If the ejaculate comes from the G-Spot, how is this possible?

A highly orgasmic woman, especially if trained in Tantric energy techniques, can easily spread subtle sensations to other parts of her body, building engorgement wherever she chooses. So there are other routes to female ejaculation than the most direct pathway through the Sacred Gate.

A little known aspect of female anatomy makes this easier to understand. Clio isn't simply a sensitive little bud hiding under the intersection of your outer lips a couple inches above yoni's mouth. Clio also has a shaft that extends upwards toward the pubic bone, and legs that extend back down toward yoni's insides. In fact, different lobes of this extensive system of erectile tissue spread to all sides of yoni, including the G-Spot.

Now it's likely that, similar to most women, you can feel different sensations localized in different parts of this extensive super-clio in response to different kinds of sexual play. Of course, now we know that all these parts are interconnected. Which means you have a physical channel to spread excitement from one part of your jewels (Tantric for genitals) to others.

If you're relaxed in your sexuality with open energy channels, touching clio from the outside can stimulate the Sacred Gate on the inside. And touching the Sacred Gate from the

inside can stimulate clitoris outside. If you're skilled in circulating sexual energy, this can further expand engorgement from one place to another.

With a trained Tantrika, stimulating any sensitive area can stimulate all other sexually responsive areas. Touch a breast, and clitoris swells. Nibble an earlobe and orgasm. Tap a sacrum and watch the waters flow. With the build-up of enough sexual energy, you can ascend into a state of continuous ecstasy that we call the O-Zone.

Oooh, what a wonderful system! Once Shakti is in the O-Zone, she might ejaculate when Shiva kisses her, brushes her neck, looks lovingly at her, or just whispers sweet endearments.

Oh, Those Dirty Messages

Some claim not every woman can ejaculate. We believe that any woman can learn through Tantric practice. Jeffrey taught herself as have many members of our extended Tantric family.

How can you learn to ejaculate? Gushing requires relaxation, accepting yourself as a sexual being, opening the sexual energy channels inside, learning to consciously employ the four cornerstones of Supreme Bliss, not to mention surrendering to new and sometimes overpowering sensations.

If you're interested in learning yourself or working with a partner to be able to ejaculate, overcoming some initial challenges may be a good place to start.

Cultural taboos create the environment that blocks many women's sexuality. As a result, the biggest challenges most women encounter while pursuing sexual growth are psychological. Personal judgments, religious inhibitions, and relationship issues contribute greatly.

In the final analysis, fear of letting go is by far the biggest obstacle to ejaculating, orgasming, and reaching Tantric heights of ecstasy. Which is why extensive clearing as described in our chapter about Yoni Healing is a prerequisite for many Goddesses.

There is no escaping the lifelong bombardment of conflicting and confusing messages about you, your body, and your sexuality. Whether it was your mom, your church, your teachers, or your older siblings, the messages were, and sadly, for too many young women, continue to be that all your bodily excretions are dirty.

"It's dirty, down there, don't touch."

So when you may have felt the P-Signal or thought you peed during sex, you may have panicked and ran off to the bathroom. Some of you also ran off to the doctor thinking you had a problem, with all-too-often unfortunate consequences.

The worst news is that, as we mentioned, those of you who've experienced the urge to pee as you approached climax were nearly there and didn't know it. Or maybe that's really good news once you accept the facts of life.

EXERCISE: Excitement Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- In a typical lovemaking session, do you or your partner get more clitoris or G-Spot stimulation?
- What brings you the most pleasure and brings you closest to orgasm?
- Can you spread excitement from one place to another? How?

Potential Challenges & How To Overcome Them

Physical conditions can get in the way of learning to ejaculate, too. So let's start there with a brief review of obstacles you may need to deal with first...

Female Disorders

Female disorders that irritate or inflame your reproductive system can impede your sexual pleasure. This may include pain or discomfort due to a physical condition, such as a vaginal or urinary infection. Inflammation of the paraurethral glands (female prostate), which is analogous to male prostatitis, may be an infection. Not only is this painful, but could get worse if not treated right away. A healthy Goddess should not experience pain with Sacred Gate massage or with any attempt to ejaculate.

Medical Conditions

Medical conditions in other parts of your body can impede your ability to relax and enjoy sexual pleasure. This could include diseases that sap your energy, back or hip pain, or even the flu. Anything that affects your nervous system's response to sexual stimulation can get in the way. You will know about this already, because it will affect your ability to orgasm as well.

Medications

Medication or certain herbs that affect blood flow to your jewels or retard neuronal stimulation can decrease your responsivity. This includes many of the anti-depressants but certainly other medications, too. Check with your physician or on the Internet if you have questions regarding the potential side effects of your particular medication.

Disease

As far as we know, there haven't been any studies to date linking STD (sexually transmitted disease) transmission to female ejaculation. Our greatest concern is spreading the life-threatening HIV and Hepatitis C viruses. We do know that these and other STDs are passed from one lover to another by introducing fluids into the bloodstream. It's logical to assume that there is a risk of amrita carrying infectious organisms. We urge you to openly discuss your sex history and exchange recent STD test results with new partners. If you become aware your partner has any infectious condition, you may want to avoid risky play or any that results in squirting. Unless you address your fears, concern about disease is a common cause of the psychological resistance that impedes a healthy sexual flow.

Lose Control

Fear of letting go is the biggest barrier to learning to ejaculate. You have to learn to surrender to gush amrita. If you feel that fully given in to your sexuality is dangerous, you'll be driven to maintain tight control. "Maybe I won't have control of my orgasms or my body in the future." If this applies to you, Tantric practices and Yoni Healing will be valuable tools for you. The fear of loss of control can also inhibit orgasms with or without ejaculation. If this is a problem that you can't resolve yourself, you may want to consult a sex therapist or someone like us who specialize in working with female sexuality.

Embarrassment

Are you worried that "My fluids are dirty." If so, embarrassment about wetting the bed can prevent you from getting there. Tantra can help you learn to accept and honor your body and your fluids as divine gifts. As we've mentioned, though it's wet, amrita isn't urine. Anyway, you can deal with this challenge with a couple towels underneath. Isn't that why God invented washing machines?

Trying Too Hard

"What will my lover think of me if I can't?" Trying too hard can be its own problem. When you're learning, there is a temptation to push out before you're aroused enough. If you're really anxious that "Oh, my Goddess, what if I can't do it?" you can put too much pressure on yourself and create performance anxiety. These kinds of inner mental stresses don't help. That's why Tantra is so big on not creating strict goals, expectations, and deadlines. Let whatever happens unfold in its own time and enjoy the ride. Maybe you won't get it the first time. So what? You can still have a great time. RELAX! Once you figure it out, you've got it for life. Cut yourself some slack.

Partner Pressure

"Come on, baby, spray me NOW!" Real or imagined pressure from your partner can create the kind of tension that impedes the learning process. If you're feeling pressured to perform, teach your partner some basic Tantra about dropping goals and expectations. Learning to squirt requires releasing mental stress and surrendering to orgasmic energy. Without surrendering, you'll limit your ecstasy, wet or dry. So just let go of any kind of pressure and enjoy yourself.

Sex Is Sinful

"It's bad if I really let go and enjoy myself." Do you really believe that extreme pleasure is sinful? Sorry, we don't agree. God/Goddess created sexual pleasure and that makes it a divine gift. Besides, the bottom line is how you feel. When you resist, reject, or deny your sexuality, do you feel good or bad? If you have fun, how do you feel? How does orgasm make you feel? We rest our case.

Relationship Issues

When you push the envelope and try something new, relationship issues often rear their ugly head, particularly if it has to do with sex. You might run into your partner's lack of patience or ability to empathize. This could also include your fear of partner judgment about any aspect of your sex life. It's a good idea to talk about and clear any fears of judgment and feelings about bodily fluids and excretions. Without addressing these issues, the Goddess may find herself unable to relax and get turned on enough to be ready to ejaculate. By the way, Jeffre's ebook, [Intimacy, A Green Light For Red Hot Sex And A Lifetime Of Loving](#), can be an invaluable tool for getting past these issues and creating the relationship dynamics you're seeking. Click here for details...

<<http://www.tantraattahoe.com/int.htm>>.

Unresolved Sexual Abuse

Letting go may be very difficult if you have a history of sexual wounding. Unresolved sexual abuse issues can affect all aspects of a woman's sexual response and be the underlying cause of many of the above challenges. These may need direct attention. We wrote our Yoni Healing Chapter with this situation in mind. Orgasmic energy has great power to "heal the issues in the tissues." If depression or anxiety is present or your reactions are too intense, we urge you to consult with a professional sexologist with sexual healing experience like us or a therapist who specializes in helping women who've been sexually abused.

In Tantra, we like to begin with an open, accepting, optimistic approach. So if you breeze through this section on first reading and go for it, wonderful.

If later you find that Shakti is having difficulty learning to ejaculate after half a dozen sessions, then you might want to review each of these challenges, particularly the relationship ones, as it may relate to you and your life. Most likely something psychological is going on that needs to be addressed.

EXERCISE: Challenges Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- How have you dealt with any of these problems in the past?
- Do you feel any of these challenges are in your or your partner's way of learning to ejaculate?
- What do you propose to do about these obstacles?

Necessary Conditions for Female Ejaculation

Have you accepted the fact that, with the right information and training, you can learn to let your feminine waters flow? We suspect if you're able to let yourself go and experience peak pleasure, you've already done it at least a little bit.

Some women get super turned on and have multiple orgasms during sexual play, yet they're not aware of ejaculating. If your sexual muscles aren't strong enough to expel amrita with force, it's quite possible you're dribbling without noticing it.

Ejaculating is mechanically quite simple as long as you're ready emotionally and physically. That's the more demanding part. And you need to be hydrated. Don't forget to drink lots of water before, during, and after.

Here are some necessary conditions and requirements for this to happen...

Information

It's likely that you haven't had the necessary information to allow you to practice ejaculation yourself or coach your woman in this extraordinary process. That's why you're reading this, right? Now you've got all the answers.

Relaxed, Safe, Accepted

Feeling relaxed, safe, and accepted are essential prerequisites to learning to ejaculate. Remember about creating a Sacred Space from our Sacred Tantric Sexuality Chapter? Soft lighting, sensual music, a room decorated as a fully equipped Tantric temple provides the best ambiance to learn. Also, that's why we urge you not to create performance pressure, time limits, or deadlines. More importantly, if you trust and feel love for your partner, you can get turned on faster and deeper. You need to feel totally supported and hear your partner say, "Whatever happens is okay, I will still love you."

Welcome Pleasure

Shakti will do much better the more she likes sex and the more she likes a variety of sex. Remember there is no right or wrong, good or bad. Your body is your temple, your gift from the gods. Every body part, every fluid, every sensation is a divine gift, an experience of your divinity. Women, you are the embodiment of sexuality. Enjoy and experience all that you are. Don't be afraid of your juices, getting messy, getting down. Heaven awaits.

Strong PC Muscles

Your sexual muscles are what propel amrita out of your urethra. That's why strong pubococcygeal (PC) muscles are vital in learning to ejaculate. These snake around your

anus and jewels at your pelvic floor. Whether you choose to use Tantric PC practices, Kegel exercises your M.D. taught you, or a device designed specifically to help you strengthen those muscles, we recommend you do regular practices. Jeffre loves her KegelMaster 2000, a plastic dildo with spring-loaded sides she squeezes with her yoni muscles. For more details and to order yours today, click here...

<<http://www.tantraattahoe.com/product.htm>>.

Strong PC muscles will not only assist you in ejaculating, but will also increase your ability to turn yourself on, help your yoni massage your partner's vajra, and increase the ease and strength of your orgasms. Sounds like a cure-all, doesn't it? Well, it almost is.

Orgasmic

If you are pre-orgasmic, meaning climaxing doesn't come easily or at all, it's essential you learn to orgasm before trying ejaculation. Otherwise, you may hopelessly frustrate yourself. There is nothing wrong with you, you just haven't had the information, the space, and the safety necessary to realize your orgasmic potential. There are many great books and videos out there. We highly recommend Lonnie Barbach's *For Yourself*, and videos by Betty Dodson. Betty is the one who really fueled the sexual revolution with "female masturbation orgasm groups." Though these references are from the 70's, they're still fantastic.

Highly Aroused

Physically, Shakti has to be highly aroused, enough so that her Sacred Gate swells up with fluid. We think that explains why many women haven't found their G-Spots and ejaculated fully. How turned on is enough? If your G-Spot is engorged enough to be palpable, meaning you can feel it under yoni's front wall, you're getting there. This takes time for most women. For the average woman, we're talking about a minimum of 30 minutes of loveplay, including words, kissing, stroking, oral sex, and finger stimulation of clio and yoni. See our Tantric LovePlay Chapter for many options.

Intense Stimulation

Shakti needs intense stimulation of the Sacred Gate to expel fluid. As you learned in the Sacred Landscape and Sacred Gate Massage Chapters, the G-Spot responds more to firm pressure than friction. To squirt, you'll probably need to gradually work up to hard and fast stroking. Even Goddesses who commonly have G-Spot orgasms with intercourse may find it difficult to ejaculate with vajra penetration at first. For most women, fingers work best, particularly when learning. Fingers are more reliable because they can be quickly and easily controlled. With digital stimulation, you're more able to provide the necessary firmness and angle changes in response to what the Goddess needs. Of course, each woman is different. So expect a learning curve of fun experimenting.

Communication

What works for Shakti at one time may not do the trick for her at another time, or for someone else. Which is why, whether or not ejaculating is new to one or both of you, communication between partners is essential. Women, speak up as our Tantric LovePlay Chapter teaches. Partners, ask questions about what you're doing if there's the slightest doubt in your mind. Heck, ask questions anyway. It's a way of letting the Goddess know your foremost interest is her pleasure. Learning to gush is not a time for mind reading or

making assumptions. Women need to learn what to do to make it happen and share that quickly with their partners. So, in essence, female ejaculation is a team effort.

Surrender

The Goddess must be willing to surrender to her passion. Letting go, letting the sensations flood your body, is the key to becoming a fully sexual person. In Tantra, we urge you to focus on pleasure above all else. That's why we talk about approaching this whole effort without any strict goals or timetable. Performance pressure creates the kind of internal tension that prevents the Goddess from experiencing peak pleasure. Emptying your bladder and then playing on top of towels over absorbent pads like Luv Linens can build your confidence so you're more willing to go for it. Smelling and tasting your own amrita to prove it's not pee can provide a major breakthrough.

EXERCISE: Conditions Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- Which of the necessary conditions for ejaculating do you have going for you or your partner already?
- Which do you need to develop more of?
- What do you plan to do to develop these conditions?

EXERCISE: Ejaculation Readiness Checklist

Description

Did you take the short quiz in the Introduction Chapter to find out how ready you are to let your feminine waters flow? How ready were you then?

For women, ejaculation is the culmination of everything in Awakening The Sacred Gate. After all your Tantric practice in the previous chapters, we're guessing your score will have improved markedly. Here we've reproduced the checklist so you can easily reassess your new level of readiness. In case you discover some area that need work first, we've indicated which chapters will help you raise your score on each question.

Though it's written in the first person, partners can replace "I" with "she" and replace "my" with "her" to rate their beloved's readiness to ejaculate.

Rating Scale

To complete the quiz, read each statement, close your eyes, take a deep breath, and feel how much it applies to you. Then score each sentence from 0 to 5 using this rating scale...

- | | |
|---|--|
| 5 | completely describes me all the time |
| 4 | mostly describes me |
| 3 | describes me sometimes |
| 2 | only applies to me a little |
| 1 | most often doesn't apply to me |
| 0 | doesn't apply to me at all or don't know if it does. |

Questions

1. I love sex and am entirely **Proud** of it. (Chapter 2)
2. My attitude is completely **Sex Positive**. (Chapters 2 & 7)
3. My **Mind** helps me get totally aroused and romantically engaged. (Chapters 3 & 7)
4. I feel safe and **Trust** my lover, even when that's me. (Chapter 4)

Of course, learning solo only represents part of the story. So later practices show you how to guide a partner to stimulate you to gushing.

Flowing With Sexual Union (Intercourse)

We recommend that you wait until you're confident you can ejaculate with fingers and toys before you and a male partner try it during sexual union. Getting vajra to hit the right spot with your Sacred Gate's preferred pressure and stroke is much more of a challenge.

Once you can let your waters flow, flowing during maithuna is just another step in the learning process. Experimenting with sexual positions is critical if you want to have success ejaculating through maithuna. That's partly why our Kama Sutra Sex Positions Chapter gives you everything you need to find the best postures.

Another challenge for vajra inside yoni is stamina. The guy needs to be able to last long enough for the Sacred Gate to swell and gush. That's why Somraj wrote his best-selling ebook, Ultimate Ejaculation Mastery. Whether or not Shakti ejaculates, making love longer offers an ecstatic Tantric journey with multiple peaks of pleasure. Click here for details...

<<http://www.tantraattahoe.com/uem.htm>>

Designed For Your Unique Architecture

In our Sacred Landscape Chapter, we guided you to find and explore your Sacred Gate. If you read it and did the practices, you may remember that reaching and playing with your own G-Spot for very long can be a physical strain. Adding adequate speed and pressure to ejaculate is even more difficult.

Being a natural approach to life in so many ways, us Tantrikas would love for you to learn to ejaculate easily and freely with your hands. If your body position, arm strength, or hand dexterity causes a problem, the growing adult products industry offers many titillating alternatives.

Our favorite sex toy is the Crystal Wand. It's an S-shaped rod of hard plastic that makes reaching your Sacred Gate easy. The inside end bends around your pubic bone allowing deep pressure, while the outside end provides great leverage handle to maneuver the wand. For more information and to order one, click here...

<<http://www.tantraattahoe.com/product.htm>>.

The Crystal Wand also works great in that other orifice back there as the bonus Male G-Spot Chapter will explain in detail later.

Nowadays, dildos come in all sizes and materials so you have lots to choose from. Some come with curved ends to assist you in pressuring the Sacred Gate. Most are not very expensive. As much as your budget and curiosity allow, we encourage you to try many different ones.

Many dedicated G-Spot stimulators contain vibrators as well. You'll probably prefer a battery operated toy if you're planning to insert it in yoni. If you get one, make sure it has a variable speed control so you can tune it to your preferred personal frequency.

A small vibrator with variable speed is also wonderful for simultaneous clio stimulation. These days you can buy a special vibrating dildo with an outside arm designed to directly excite clio. Vibration inside yoni on the Sacred Gate and outside on clio is just the ticket to ejaculation for some.

Uh, Oh, There's Always A Catch

Jeffre definitely prefers having her partner stimulate her, but occasionally a change is fun. Using a sex toy can be a delightful adjunct to any sexual encounter. Having encouraged you to

experiment with what turns you, whether natural, organic, or mechanical, we want to offer one critical caveat.

Don't become dependent on sex toys to squirt or get off.

For all the reasons we discussed in the Yoni Healing Chapter, some women seem to need extraordinarily long and hard stimulation to orgasm and ejaculate before Tantric training. If you're one of these women, don't paint yourself into a sexual corner by only enjoying dildos and vibrators.

Besides, many sex toys look and feel good initially, but don't live up to their sales pitch. Often, that's because of the level of sexual power and freedom of the user.

Take a lesson from our personal experience and that of many of our clients. The more deeply you explore Tantric practice and expand your orgasmic potential, the more sensitive you'll become and the less you'll need the continuously intense stimulation of vibrators.

Experiment, enjoy, expand while you keep all your options open. Beyond the sky's the limit, the O-Zone awaits.

PRACTICE: Solo Ejaculation Practice

Purpose

For a woman to practice with the mechanics of ejaculating on her own. In this way we hope you can teach yourself to gush, squirt, or at least dribble by yourself.

Description

As already explained, the following sequence of practices begin with solo practice and then move to partner practice. If you have a close, completely trusting relationship with someone, you may not feel the need to practice solo initially. That's fine, you know yourself best.

Regardless, we encourage you to read over this practice completely before you make your decision final. The mechanics at least will be valuable when you start with your beloved.

By the way, here's an important reminder just in case you skipped over our earlier discussion about lubrication. Don't depend on what yoni produces herself. Go on-line or to an adult supplies shop and buy some water-based slippery stuff. Then, be sure you use plenty. It keeps the tender tissues from getting irritated. This means you can play longer.

Some women really like natural oils such as olive, coconut, or pure cocoa butter. Some women advocate using them outside and inside.

We recommend not putting oil, or anything edible, inside yoni. If it's digestible, yeast and bacteria can feed on it and throw yoni's healthy balance out of whack.

That's why we prefer water-based lubricant once moving inside. This is completely a personal preference issue. You might like to experiment at some point, but for this practice, stick with what you're familiar with. While learning to gush, you don't need anything extra to think about.

Partnering Questions

You know that we always begin Tantric practices with the Partnering Questions. We discuss our desires, concerns, and boundaries with our partner in this moment. Even for solo practices like this one, getting clear with yourself first is important. Because female ejaculation can be emotional, we offer this reminder of how to use these questions...

Desires: What do I want from this practice? Stay focused on your feelings, intentions, and general reasons for wanting to learn. This might be "I want to experience new sensations and practice with the new things I've learned about ejaculating." Stay away from setting goals, measurable standards, mandatory outcomes so you don't put undue pressure on yourself.

Concerns: What are my worries or fears? Am I worried about losing control? About peeing or defecating? About not doing it "right?" How do I feel about doing this solo?

Boundaries: Do I want to set up any limits or groundrules to protect myself? Are there any definite no-no's for me? Do I want to use gloves? Do I want to avoid my rosetta? Do I want to set a time limit?

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Be sure you're hydrated and have drinking water within arm's reach.

Open your Sacred Space with a Heart Salutation.

2. FINAL PREPARATIONS

Be sure you protect the bed or playing surface with layers of towels or protective sheeting pads. There are disposable bed protectors you can buy at your local drug store. Be sure you get the flat kind. What you use is the Goddess's preference.

Be sure to void your bladder and bowels. The confidence of knowing you're empty will help you relax. Give yourself permission to go to the toilet anytime you feel like it.

After all your preparations, wash your hands again before beginning to play with yourself. Not only are you protecting yoni, you are keeping the fragrances sweet and inviting.

3. AWAKEN YOUR BODY

Caress and awaken your whole body long and sensuously. Use oil if and when you choose. Begin without focusing on your most erogenous zones. Be sure to include your legs and arms, neck and face, and buttocks if it's comfortable reaching around.

If you've begun Tantra practices and can do Orgasmic Breathing, this is a great way to relax and get turned on while caressing yourself. (See our Kundalini Energy Chapter.) If you haven't, simply breathe deeply and slowly to heighten your senses and your pleasure. A few PC pumps every once in a while really begins to stoke the sexual fires.

Try brushing your inner thighs very lightly while you breathe into it and squeeze your PC. Fun!!! Try other spots that turn you on. Mix and match sensations. It adds to the variety and the excitement.

4. APPROACH YONI

As you begin heating up, concentrate more on your erogenous zones, breasts, and outer yoni. Approach yoni how she particularly likes, using lots of your preferred lubricant. Continue stimulating yourself until you're highly aroused and wet.

Move to clio only when you feel she's ready. Play with her gently, getting firmer when you really really want to. There's no rush, right?

Explore your inner lips and yoni's mouth next. Use whatever strokes turn you on most, freely replenishing water-based lubrication as needed. As you move inside, awaken yoni's outer section concentrating on strokes that create delicious friction. As you move deeper into yoni's inside area, add pressure against yoni's walls.

Concentrate on feeling all your sensations. What's going on where? Breathe into sensitive spots to excite them more.

5. SACRED GATE

When you feel yoni swelling, keep going. Don't rush off for an orgasm, and don't try to ejaculate yet. You're still going up, up, up. Remember, without sufficient turn-on, your Sacred Gate may remain quiet, submerged, and empty of fluid.

Now, feel around for your G-Spot as you learned in our Sacred Landscape Chapter. Use your finger(s) if that's comfortable for you. Focus on Sacred Gate massage strokes as you learned in that chapter.

If you prefer, use a Crystal Wand, curved dildo, or even a straight dildo. It will be better if you learn how to squirt without a vibrator inside at first, if you can.

If you're aroused enough and used to it, you'll probably find G-Spot play very pleasurable. Or it may be neutral or somewhat uncomfortable at first. Your Sacred Gate isn't an instant orgasmic trigger like many clios. Instead, it's a pathway that you have to travel to reach your destination.

6. EXPERIMENT

Try different body positions to learn the most convenient and direct access to your Sacred Gate. What works best for your unique physiology? What is most comfortable for you over long periods?

Further, varying your posture, like squatting, kneeling, or getting on hands and knees, can provide different sensations and different stimulation. For example, while on your back, bring your legs way up to your breasts, opening your yoni even more.

Use Orgasmic Breathing to energize your turn-on. In addition to deep belly breathing, moving erotically, and moaning with pleasure, squeezing your PC muscle at pivotal times can really boost your excitement.

Occasionally, relax the stimulation to your Sacred Gate and continue with clio stimulation. This can be with your fingers or even a small vibrator outside. Add whatever really turns you on, even videos or fantasies. If you tend to be in your mind a lot in life, fantasy can help you avoid distraction and focus on the feelings in your body right now.

Then switch back to G-Spot massage for a little while. You can experiment with different rhythms, alternating between clio and your Sacred Gate. After some time, try them both together.

Reassurance to yourself from time to time may be necessary and that's perfectly normal. Remind yourself that this takes practice and relaxation. Whatever happens is OK.

7. P-SIGNALS

When you get the first P-Signals, your immediate reaction may be to clamp down and hold back. Don't worry about it, that's a commonly ingrained response to the feeling that you need to pee. Your first objective is to just let it be. Relax your whole body, breathe into the feeling, and explore the sensation. Feel the waves of pleasure, energy, and the building of desire.

If you're worried that your bladder is full again, go and empty it before continuing. You can ejaculate with an empty bladder. And you can ejaculate amrita even when there's urine in your bladder. Most important, with practice you can learn to

differentiate. The more experience you have, the easier it will become to distinguish between the sensations of G-Spot stimulation and those of the genuine need to urinate.

At first, we suggest you just let the sexual energy build and resist the temptation to try and push ejaculate out. You can play a little game with yourself, such as "Can I turn myself on just a little more with my breath, fantasy, fingers, vibrator? I won't try to ejaculate until I am just a little more turned on." If you are prone to kinky thoughts, imagine someone is telling you that "you can't try just yet. You have to wait." You can only try when your imaginary master tells you it's time.

Eventually, you'll feel that your Sacred Gate is thoroughly engaged. As you reach a peak of pleasure and feel those P-Signals shooting strong rockets of sensations inside, then go for it. Push out as you slow or stop stimulation and maybe even remove your finger or toy.

If you don't squirt the first time, continue strong stroking of your G-Spot until another peak and try it over and over. If it doesn't happen after a few tries, move on to the next step. If you did squirt, guess what? Same advice -- keep alternating stroking and pushing repeatedly.

Many women can ejaculate without a full-blown earth-shattering orgasm. Actually, we consider every peak of pleasure an orgasm of sorts. When you learn to stoke your sexual fire with Tantric energy practices, you'll really get off on every burst of sensation.

8. ORGASM

Whether or not you succeeded at ejaculating already, try it with the Big O. Using your most powerful turn-ons including Sacred Gate massage, stimulate yourself over the edge.

As you approach orgasm, remind yourself that you know how to orgasm and if that's all that happens this time, it will feel really good. All orgasms are good. Right?

As your orgasm peaks, push out.

This may be very new to you. You may have the urge to stop the peeing. Try to resist this by reminding yourself that the bed is protected, you are safe, and there is no one else here. You can just let everything go.

If you release fluid while in the throes of orgasm, you may find you've just had the mother of all orgasms. Or you may not realize you've done it so be sure to check underneath.

If you have the time and the inclination, you can do this all over again. Multiple orgasms and multiple ejaculations are multiply exquisite. The only limit is your physical energy, desire, and hydration. If you keep going, be sure to drink lots of water. You might want to pee again before you start the next round.

Even if you didn't ejaculate, you had a terrific orgasm and it's time to **celebrate**. You learned so much about your body, your sensations and you will just have to practice, practice, practice. Damn, what a chore!

9. CLOSE

When you decide to end your session, slowly relax and slow your movements down. We really like the energy connection of one hand on yoni, one hand on your heart at this point.

Simply feel your body, mind, emotions, and spirit. Reflect what was best, what you discovered, what you want more of, what less. Silently or even verbally appreciate yourself, your courage, your strength, your consciousness.

Give thanks to all that is, express your gratitude to your glorious body and the pleasure it can generate. Acknowledge the energies of the four directions and Mother Earth and Father Sky.

Honor yourself with a bow, hug, or Heart Salutation.

Finally, close your Sacred Space.

Honoring Amrita

You may need to repeat the Solo Ejaculation Practice several times until you expel enough amrita to become confident you can do it. If after several attempts you're having trouble, we urge you to go back to earlier chapters you skipped over, or earlier practices you breezed through.

The Yoni Healing Chapter may be the special key to awakening your Sacred Gate and letting your waters flow freely.

Once you do succeed, it's time for using one of the most powerful forces in the universe -- gratitude. If you haven't embraced the Tantric truth that your body and all its emanations are holy as yet, now is a wonderful time to start.

We suggest you create a ritual to honor your amrita. Repeat the previous practice and catch your sacred emanations in a bowl. Focus your gratitude on the Goddess nectar you've flowed.

Store your amrita in a small jar. Keep it in a special place, for example, a small altar or area dedicated to sacred power objects.

Have you heard of the powerful healing and energizing properties of Shakti's waters? We've heard of Tantric Goddesses who anoint their disciples with their amrita. We know Tantric men who revere the sacred fluids they've saved from their beloveds.

Whether you buy the lore of amrita myth or not, we encourage you to practice the gratitude part at least. This sample of your sexual juice can simply serve as a symbol to remind you of your passion, ecstasy, and life force.

PRACTICE: Partner Ejaculation Practice

Purpose

To teach your partner what you've learned about making yourself ejaculate so you can relax and share the experience.

Description

Having a trusted partner to practice with is more fun and often more stimulating than by yourself. In some ways it's easier. You can make your body much more comfortable. You don't need to think about so many things at once. The great advantage of partner play is that you can relax into the pleasure more.

Of course, you need a partner who is completely with you, on the same page. One who is devoted to your pleasure and willing to learn. One you can trust and feel safe with.

To prepare, review the necessary conditions for ejaculation earlier in this chapter. Together, read the directions and go over the plan so you both know what you're going to do when. The Partnering Questions are a vital part of this. Talk as long as you need to feel comfortable and ready to proceed.

Remember, givers, your beloved Goddess is different from all others you've been with or ever will be with. Not only that, she is most likely different from situation to situation and moment to moment in the same situation. The critical point is that what a woman likes can vary from time to time and moment to moment.

Partnering Questions

You know that we always begin Tantric practices with the Partnering Questions by discussing our desires, concerns, and boundaries with our partner in this moment. Because female ejaculation is so emotional for many women and their partners, we offer this reminder of how to use these questions...

Desires: What do we each want from this practice? Stay focused on your feelings, intentions, and general reasons for wanting to learn. For the receiver, it might be "I want to be relaxed enough to totally focus on my pleasure and the sensations in my body." For the giver, it might be "I intend to be fully present and follow your directions completely." Stay away from setting goals, measurable standards, and mandatory outcomes so you don't put undue pressure on yourselves.

Concerns: What are our worries or fears? Are either of us worried about losing control, peeing, or defecating? About not doing it "right?" This includes physical, emotional, or psychological concerns about your partner's reactions. Now is a good time to talk about any medical condition or STDs that might be a factor.

Boundaries: Do either of you want to set up any limits or groundrules to protect yourselves? Are there any definite no-no's? Outline when and what needs to happen before penetration of any sort. State any off-limit areas that you can imagine. Does Shakti want gloves to be used by the giver?

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Be sure the Goddess is hydrated and that you have plenty of drinking water within arm's reach.

Discuss the Partnering Questions.

Agree on any signals or alert words that you want to be prepared to use.

2. FINAL PREPARATIONS

Be sure you protect the bed or playing surface with layers of towels and protective sheeting pads. There are disposable bed protectors you can buy at your local drug store. Be sure you get the flat kind. What you use is the Goddess's preference.

Be sure to empty your bladders and bowels. The confidence of knowing she's empty helps the Goddess relax and prevents unnecessary interruptions. Give each other permission to go to the toilet anytime you feel like it, with warning of course.

After all your preparations, both wash your hands again before you begin. Not only are you protecting yoni, you are keeping the fragrances sweet and inviting.

Arrange your bodies to best reach and titillate inside yoni. If you've completed all the practices in the Sacred Gate Massage Chapter, you know what position works best for each of you. If you haven't, you may want to refer back there before you proceed so you're aware of what options you have.

3. AWAKEN HER BODY

If you know one another well, you know how to do awaken Shakti's body. If you don't, we highly recommend the How To Touch Me Practice described in the Tantric LovePlay Chapter before you try this ejaculation practice.

Giver, caress and awaken Shakti's whole body long and sensuously. There are no time limits. Use oil if and when she chooses. Begin without focusing on her most

erogenous zones. Be sure to include her legs and arms, neck and face, and buttocks if you can reach.

If she knows Tantra practices and can do Orgasmic Breathing, this is a great way for the Goddess to relax and get turned on while being caressed. (See our Kundalini Energy Chapter.) If you haven't, remind her to breathe deeply and slowly to heighten her senses and her pleasure. A few PC pumps every once in a while really begins to stoke the sexual fires.

Try brushing her inner thighs very lightly while she breathes into it and squeezes her PC. Fun!!! Try other spots that turn her on, too. Mix and match sensations. It adds to the variety and the excitement.

4. APPROACH YONI

Given, as she heats up, concentrate more on her erogenous zones. When you sense she's ready, ask permission to touch yoni. Never make a big change without explicit permission.

Approach yoni reverently, beginning as she's previously demonstrated. Or let her guide you entirely in the moment. Listen for her guidance and watch for her reactions. Follow her lead at all times.

Use lots of her preferred lubricant. Continue stimulating her until she's highly aroused and wet.

Move to clitoris only when you feel she's ready.

Before you touch clitoris, ask if it's OK. When it is, stimulate clitoris in exactly the way she has instructed you, previously or right now. Check in with her occasionally to make sure you're doing it the way she desires. You'll probably be able to tell by her moans and sighs.

Play with clitoris and yoni's outside slowly and gently at first, getting firmer when she really really wants you to. There's no rush, right?

Follow the Goddess's directions as she gets more and more turned on. When you notice she's very engorged, ask if she's ready for finger penetration. The choice of finger is a personal decision. Many prefer the middle finger because it's longer. The third finger has beautiful healing energy and the index finger has maximum strength and control. Play with each of them and let the Goddess decide. Some women, as they become more swollen, actually want two or more fingers inside.

First, explore yoni's inner lips and mouth. Use whatever strokes turn her on most, freely replenishing water-based lubrication as needed. Then, move inside, awakening yoni's outer section with strokes that create delicious friction. As you move deeper into yoni's insides, add pressure against her walls.

Gently remind her to breathe, move, sound, squeeze her PC, and feel all her sensations.

5. SACRED GATE

When you feel yoni swelling, keep going. Don't push for orgasm or ejaculation yet. She's still going up, up, up. Remember, without sufficient turn-on, her Sacred Gate may remain quiet, submerged, and empty of fluid.

Now, find her G-Spot as you learned in our Sacred Landscape Chapter. Get confirmation from her that you're there.

Focus on Sacred Gate Massage strokes you learned in that chapter and ones you already know she prefers. You may want to try different strokes anyway, with her permission, of course.

The G-Spot massage stroke that most women like when going up the orgasmic ladder is the "come hither" stroke. Remember, every woman is different and each woman is different in every moment. Expect and be prepared for anything.

Though Sacred Gate massage can be done with a dildo or vibrator, we strongly recommend you start with fingers. They're more sensitive, and you can vary the angle and pressure more easily. Besides, with fingers, Shakti will be more involved, feeling what and where you're stimulating more intimately. This allows her to give feedback and lets you react more quickly.

Eventually, you may want to move on to a sex toy just to feel the difference. Some women like a firm pressure on the Sacred Gate while using a vibrator on clio. Others find that a vibrator inside and outside is the ticket to ride (ejaculate). Reminder: there is no wrong way.

Because many women want or need very strong pressure during orgasm to ejaculate, it may require something more than fingers. But you may find that firm and fast stroking from multiple fingers works, too. Some women can even expand to receive a fist which will frequently activate ejaculation.

Because this is a learning practice, try many things until you find just what your Shakti needs and wants.

6. EXPERIMENT

Together, try different body positions to learn the most convenient and direct access to her Sacred Gate. What works best for her unique physiology? What is most comfortable for both of you for long periods?

Further, varied postures, like squatting, kneeling, or hands and knees, can provide different sensations and different stimulation. While on her back, ask her to bring her legs way up to her breasts, opening her yoni even more. The Sacred Gate Massage Chapter gives further details about various positions to try.

Giver, remind her to use Orgasmic Breathing to energize her turn-on. Besides deep belly breathing, moving erotically, and moaning with pleasure, squeezing her PC muscle at pivotal times can really boost her excitement.

Occasionally, relax Sacred Gate stimulation and continue with clio play. This can be with your fingers or even a small vibrator outside. Add whatever really turns her on. Then switch back to G-Spot massage for a little while.

You can experiment with different rhythms, alternating between clio and her Sacred Gate. If you like it, excite clio with your mouth, lips, and tongue. She may want more of one at different times or all of them together.

You, the giver, Shiva are in total service. Support her as she may need occasional reassurance. That's perfectly normal. You can try... "Let's go slow, there's no rush" and "You're doing great, enjoy yourself" and "I love watching you get totally turned on" and "I'm having a wonderful time supporting you" and "Relax, this is so much fun" and "I'm honored to be here with you at this time." Remind her that this takes practice and relaxation and whatever happens is OK.

Don't forget that you're learning, too. Your reward will come when she gets it, i.e. floods you with amrita. Never assume you know more than she does. If you've had

experience with other female ejaculators, offer your suggestions, but always let her make the decision about how to proceed.

7. P-SIGNALS

When she gets her first P-Signals, her immediate reaction may be to hold back or run to the toilet. If she wants to, let her go because it's all part of the learning. Check in with her when she returns. Was there much pee? Does she still feel the desire even though she has peed?

If she stays or when she returns, encourage her to relax her whole body, breathe into the feeling, and explore the sensation. Feel the waves of pleasure, energy, and the building of desire. The more experience she has, the easier it will become for her to distinguish between the sensations of G-Spot stimulation and those of the genuine need to urinate.

At first, we suggest you encourage her to just let the sexual energy build and resist the temptation to try and push ejaculate out. If you notice she is pushing out, suggest gently she waits a bit. Remind her about PC pumps and deep Orgasmic Breathing. It's a lot to remember at first.

Eventually, when you feel her Sacred Gate is thoroughly engorged and those P-Signals are shooting strong rockets of sensations inside, go for it as she reaches a peak of pleasure. Signal her to push out as you slow or stop stimulation and maybe even remove your finger or toy.

If she didn't squirt the first time, continue strong stroking of her G-Spot until another peak and try it over and over. If it doesn't happen after a few tries, move on to the next step. If she did squirt, guess what? Same advice -- keep alternating stroking and pushing again and again.

8. ORGASM

Whether or not she ejaculated already, ask her if she wants to try it with the Big O. Using her most powerful turn-ons involving Sacred Gate play, stimulate her continuously. Now here's the most important rule to follow when she's getting close...

Don't change anything. Keep the same stroke, speed, and pressure.

Giver, as she approaches orgasm, continue to follow and support her process. Don't try to make her to orgasm, let her do it herself. When the climax starts, remind her to push out.

Be ready. Straighten your fingers, rapidly and firmly moving them in long strokes in and out. This can dramatically increase the intensity of the orgasm as well as stimulate ejaculation. Don't stop stroking until you get a clear signal to stop. This is important.

She may want you to stop suddenly, or she may want you to slow your stroking gradually. You may even find that she squeezes your finger or toy all the way out.

Don't worry if you don't get it exactly right this time. You can practice again after you have communicated thoroughly about your and her experience.

We've heard some lovers at the brink of climax say things like "Go for it" or "I know you can do it" or "I really want to see you cum." Unless Shakti has explicitly told you she wants this, we suggest you leave this kind of urging out. In our experience, it puts too much pressure on the learner.

She may release fluid while in the throes of orgasm or not. Just accept whatever happens. If she wants to know what you saw or felt, tell her supportively.

An extra fun practice that can really stimulate ejaculation in some women is spanking or slapping the vulva and clitoris with your hand. Shiva, start lightly and increase pressure as long as Shakti is giving you the go ahead. It's amazing how delicious this feels and how often it will trigger ejaculation. Note: Be sure Shakti is fully aroused before you try this.

9. REPEAT

If you have the time and the inclination, you can do this all over again. Multiple orgasms and multiple ejaculations are multiply exquisite. The only limit is her physical energy, desire, and hydration. If you keep going, be sure she drinks lots of water. She might want to pee again before you start the next round.

Some multiply orgasmic women find that having two or three orgasms first helps them to get turned on enough to ejaculate. If you have a history of quick and easy multiple orgasms, give it a try. Otherwise, we don't suggest forcing it during your initial practices.

If your Shakti didn't ejaculate, don't act disappointed even if you are a little bit. You and she have just shared a beautiful orgasm. **Celebrate** the great time you both had together. Discuss and decide if she is ready to try for another orgasm or not. Never offer any pressure or ridicule, only love and acceptance. It's all good, all the time.

The first time to ejaculate is always the hardest. It gets easier and easier, but requires patience and practice. If you want your woman to try again, you must be absolutely, totally accepting of whatever happens. It must be fun for both of you. It must be delightful. You are intrepid adventurers together. Act like it and graciously accept whatever comes your way.

You've both learned so much about her body and her sensations. You will just have to practice, practice, practice. Damn, what a chore.

10. CLOSE

When she decides to end your session, slow your movements down gradually. Connect her inner flute with one hand on yoni, one hand on her heart.

Just let her feel her body, mind, emotions, and spirit. Talk about what was best, what was discovered, what she wants more of, what less.

Give thanks to all that is, express your gratitude to her glorious body and the pleasure it can generate. Acknowledge the energies of the four directions and Mother Earth and Father Sky.

Honor each other with a bow, hug, or Heart Salutation. Finally, close your Sacred Space.

PRACTICE: Maithuna Ejaculation Practice

Purpose

To learn to ejaculate during sexual union with a vajra inside yoni.

Description

For most women, ejaculation is more difficult with vajra penetration. We highly recommend that the woman feel confident in her ability to ejaculate before trying to do it during maithuna. This definitely is not the time you want to be learning to ejaculate.

To understand how vajra can best impact the Sacred Gate, it will help tremendously if you thoroughly experimented with the Kama Sutra Sex Positions Chapter before doing

this practice. It's not just about different postures, but focuses on how to create the kind of Sacred Gate contact for different anatomies.

Decide together beforehand which positions, postures, and variations you want to try. Postures with Shakti's knees up against her chest may provide the best stimulation. Keep in mind that being relaxed, turned on, and releasing all expectations is as important as the position.

Caution: don't get caught up in trying 25 postures. In the beginning, agree to try 2 or 3 postures and a few variations on each. Keep your focus on pleasure, fun, arousal and the extraordinary experience you're in the middle of. When Shakti becomes an accomplished and regular ejaculator, then you can try everything you want in one session.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions.

Agree on any signals or alert words that you want to be prepared to use.

2. FINAL PREPARATIONS

Be sure you protect the bed or playing surface with layers of towels and protective sheeting pads. There are disposable bed protectors you can buy at your local drug store. Be sure you get the flat kind. What you use is the Goddess's preference.

Be sure to empty your bladders and bowels. The confidence of knowing she's empty helps the Goddess relax and prevents unnecessary interruptions. Give each other permission to go to the toilet anytime you feel like it, with warning of course.

After all your preparations, both wash your hands again before you begin. Not only are you protecting yoni, you are keeping the fragrances sweet and inviting.

Arrange your bodies to best reach and titillate inside yoni. If you've completed all the practices in the Sacred Gate Massage Chapter, you know what position works best for each of you. If you haven't, you may want to refer back there before you proceed so you're aware of what options you have.

3. LOVEPLAY

Ritually undress each other, whispering endearments and compliments as you reveal each body part. Exchange whatever loveplay turns you both on.

If you know one another well, you know how to do this. If you don't know each other too well, we highly recommend the How To Touch Me Practice described in the Tantric LovePlay Chapter before you try this ejaculation practice.

The purpose of loveplay is to get turned on. She wants to be juicy and engorged. He wants to be hard. Extended oral sex, 69, or fingers -- or all the above -- may be included. No limits.

It's probably a good idea to get Shakti flowing with ejaculate before Shiva actually enters her. The more turned on you both are, the more likely the success. If Shakti is already in the O-Zone, all of this will be easier.

She needs to be flowing and he needs to be hard. Get the picture?

4. MAITHUNA

When Shakti is very engorged and having ejaculatory orgasms and Shiva is good and hard, slowly move into the first lovemaking posture you've agreed upon. Don't forget that the gracious Shiva always asks permission before vajra enters yoni.

Try long slow strokes with and without clio stimulation. Try short rapid strokes. Either may stimulate ejaculation. Jeffre has found that sometimes short, rapid, and hard works best and at other times it is the long slow strokes.

Check in with each other often. Shiva, ask yes/no questions. Shakti, tell Shiva everything that's going on with you. Of course, keep your language simple so don't you get into your head.

When she's ready, as vajra pulls back almost out of yoni, Shakti should push out. Sometimes she will be so into it, she will virtually push vajra all the way out. Don't worry about that. Reinsert vajra when she stops squirting. Jeffre's experience is that not only is this motion of vajra almost coming out very, very arousing, it is much easier to ejaculate when the penis isn't inside deeply and pressing against the urethra.

A fun and juicy thing to do at this point is for vajra to come out and slap yoni and clio. Start gently and increase pressure. Shakti will probably start to ejaculate. This is such a turn on.

5. VARIATIONS

Shakti, experiment with variations of the first posture that you've agreed to try. As described in the Kama Sutra Sex Positions Chapter, try adjusting your leg positions and weight distribution. See which ones give the most contact between vajra and the Sacred Gate.

However possible within the posture, adjust for maximum Sacred Gate stimulation. Play with different speeds, angles, pressures, and rhythms.

Remember the goal is to stay in the state of arousal with the feelings and sensations you already know. Stay conscious of all your senses and sexual energy flows. When the orgasmic energy is really flowing, minor stimulation can start another ejaculation.

Show what you're feeling and synchronize your efforts. Pause occasionally, communicate, and enjoy, but be willing to shift when your body or partner needs a change.

Don't be afraid to bring a little humor into all this. The first time may or may not be successful. Many women who regularly ejaculate with oral sex or fingering, simply can't do this at first. RELAX! Have fun. It's all about practice.

6. NEXT POSTURE

When you agree that you've fully explored the first posture and thoroughly enjoyed all its pleasures, try one or two others in the same way. Experiment with short rapid strokes and long slow strokes with and without clio stimulation.

You can do this as long as you would like.

Now, you are beginning to understand the need for Shiva to learn how to last a long time. Shiva might want to check out Somraj's book, [Ultimate Ejaculation Mastery](#). With adequate lubrication, Shakti can always go on, and on, and on. She is tuned into the energy source of the universe when she's in the O-Zone.

7. CLOSING

When you're ready to wind down, maintain intimacy physically and emotionally. As vajra is removed, cover yoni or each other's heart with your hands to keep your sweet connection alive.

Touch each other softly and gently. Spoon with your chakras aligned, synchronizing your breathing. Just feel what you're both feeling.

If you want, talk briefly about what you experienced, liked and didn't, and what you'd like to try in the future. Make a date for next time.

Give thanks and share appreciation with one another and to the energies you have called in to create your Sacred Space. Release the deities and directions you called in before you close.

Close your Sacred Space with a Heart Salutation, bow, hug, or kiss.

8. FEEDBACK

Afterwards, you may want to talk in greater depth about each of your experiences. If you do, be sure to stay focused on your own experience. Resist criticism of yourself or judgment of your partner.

You can discuss...

- What position was most comfortable for each of you?
- When was Shakti most successful in ejaculating?
- What kind of stimulation felt the best in which postures and variations?
- What would you definitely like to do again?
- What would you do differently next time?
- What else can either of you think of that would improve your experience?

10.6 Closing Section

Further Practice

Whether you, Shakti, feel you want to have further practice alone or with your partner, explore your feelings. Be honest with yourself about your experience. Some women want to squirt every time. Some women decide ejaculation is much ado about nothing. Others become determined to learn how no matter how long it takes. Whatever you choose is OK.

Regardless of your position, you are the Goddess, you are a profoundly sexual being. Please enjoy it.

We recommend to women who want to continue practicing that they strengthen their PC muscles, and enjoy self-pleasuring once or twice a week minimum. Use it or lose it applies to sexuality big time. Intersperse experiences with your partner with experiences with yourself.

Remember: Practice and patience count the most. The more you ejaculate, the more you ejaculate, both in frequency and in amount of amrita. It's like a muscle that gets stronger with repeated repetitions.

Perhaps the most important key is self acceptance and self love. When you come from a place of self love, anything is wonderful. There is no attachment to outcome. Tantra says, release your goals, say YES to life, to love, to pleasure, to orgasmic energy, to the Divine Presence within you and without.

Finding Your Own Way

As we said earlier, being able to ejaculate won't make you sexier, but it will give you more options for playfulness and pleasure in your sexual journey. It is truly a yummy experience.

Perhaps the most important thing to remember is that each Goddess is unique. You are unique as a person, who has a unique yoni, who changes with the situation, and changes with the moment. All of this is to be honored and enjoyed.

There is no right way to reach ejaculation. It is a wonderful, precious dance of experimentation. It depends on acceptance of yourself and your fluids with no expectations.

Jeffre can ejaculate with an orgasm, and without an orgasm. She can ejaculate with either Sacred Gate stimulation or clio stimulation, and sometimes with both. But she started not knowing how. Today, the many different sexual pleasures she enjoys are the result of curiosity, openness, and experimentation.

With practice, you may find that you can do it one way but not the other at first. To repeat, there is no right way, there is no wrong way, there is only your way.

With Jeffre, sometimes she gushes a large amount and sometimes it's merely a dribble. She can't predict and doesn't try. Interestingly, even when she doesn't let go of a large amount, it still feels as if she's releasing something. The sensations are truly yummy.

Enjoy The Delicious Wet Journey

Whether ejaculation is for you, Shakti, or not, we hope you have enjoyed the journey.

For there is only the journey, and pleasure rules. You are beautiful just the way you are.

As you practice ejaculation, more and more, you will gain in confidence and in your orgasmic wonder. It truly gets better and better, regardless of age.

Remember the essential conditions mentioned early on: relaxation, feelings of be truly safe and accepted, being very aroused, letting go of goals, being hydrated (plenty of water), loving every part of yourself and then, letting go completely by surrendering to pleasure.

We sincerely hope you will decide to study Tantra more thoroughly. If we can be of any assistance, please contact us.

Happy ejaculating.

Bonus Chapter 11: Male G-Spot

"The girl descends to his anus and, with the aid of an accessory, imposes her virile behavior on him...so that he gets the taste for one pleasure after another." ----- Vatsyayana from the Kama Sutra translated by Alain Danielou

11.1 Opening Section

Purposes

The purposes of this chapter are to...

- Understand male sexual anatomy.
- Experience the release of Pelvic Healing.
- Learn to pleasure the male G-Spot.

Good News, Men Have One Too

We welcome you intrepid explorers to a powerful internal Star Trek experience. Your mission, if you choose to accept it, is to boldly go where few real men have gone before. We're talking about discovering the male Sacred Gate, our Tantric name for the G-Spot.

Did you know that men have a G-Spot, too?

The male G-Spot is the prostate. That's the firm, muscular, chestnut-sized gland wrapped around the neck of your bladder that produces a thick fluid that's an essential part of semen. The prostate can be a source of great pleasure, unusual and intense sensations, and even orgasm all by itself. Sensitive men easily get an erection from massaging it.

Or it can generate intense pain if it's not approached carefully, as anyone who's had a brusque rectal exam can attest.

Guys, if you've ever enjoyed the intense pleasure of a wet explosion down there, you're already intimately familiar with how good this little inner nut can make you feel. Yes, it's the prostate's involuntary rhythmic contractions that begin your ejaculatory orgasms. Which is why stimulating it from inside or outside produces great pleasure.

In this chapter, we'll show you how to really add to your sexual enjoyment by pressing the right spot on your pelvic floor between your rosetta (anus) and devamani (testicles).

And, yes, we did mention inside.

If you're adventuresome, as we're sure all our readers are, you'll soon learn how to awaken your man's Sacred Gate of ecstasy through prostate massage from inside the rectum. We'll show you the clean safe way to do it. If the prospect makes you pucker tightly, before we're done we'll introduce you to the easy and gradual process of Pelvic Healing.

Don't Deprive Yourself, Guys

Because the male G-Spot lies at the root of vajra (Tantric for penis) inside your body, you can feel it from inside your rosetta on the belly side. If you clear the tension most of us feel down there first, pleasuring your prostate with a finger, sex toy, or vajra can be incredibly orgasmic.

No, straight guys, we're not trying to convince you to turn gay or lose interest in your inflatable pleasure stick. But did you ever wonder why homosexual men enjoy sex so much? Many had the courage to discover the immense pleasure awaiting them at their Sacred Gate.

Because pleasure is a paramount principle of Tantra, we believe it's unfair to deprive staunch heterosexuals from enjoying this powerful inner orgasmic trigger.

We know going in the back door freaks out some people (while it super excites lots of others), partly because of the hygiene factor. Until you learn in the next few pages how to make it clean and safe, it may strike you as dirty if you're untrained. Believe us, the immense pleasure awaiting you makes it worth a few precautions.

The ultra-insensitive approach of too many physicians during prostate exams has created much resistance to anal play. On the other hand, many men love it. There are a great many nerve endings there which produce incredible pleasure when specific kinds of stimulation are welcomed and accepted.

You've Got A Powerful Internal Trigger

So what's what all the hullabaloo about?

The male G-Spot is worth a chapter and all this trouble because it's where orgasm happens. The prostate causes that thrilling, throbbing, intense sensation at the base of vajra during ejaculation. It's the exact center of your sexual pleasure, guys, because of its nerves located deep within body. Unless you learn what's in this chapter, they're not normally accessible during sexual play.

The prostate is a magic pleasure button that can trigger deep implosive orgasms similar to a woman's Sacred Gate. When you get excited, the prostate swells up with own juices. That's why consciously pumping it out with your sexual muscles through orgasm or with a finger feels so great. You're relieving the pressure.

The sensation is different from what you feel from vajra stimulation. Which is partly why the prostate can generate strong continuous multiple orgasms that flow like giant waves rather than quick a spurt.

By the way, when you do learn to relieve pressure on the prostate before ejaculating, you can extend your loveplay incredibly. But that's another story Somraj that covers in depth in his best-selling ebook, Ultimate Ejaculation Mastery.

Proof To End The War Between The Sexes

Since most of our ebook, Awakening The Sacred Gate, has been about women's orgasms, we want our faithful male readers to realize much of what you've read applies to you guys too, with just a few little adjustments.

You see, the prostate is equivalent to the female Sacred Gate.

Enlightened sexologists recognize that both men and women can have great pleasure and orgasms from both inner and outer stimulation. They compare male and female sex organs. For example, they see clio (Tantric for clitoris) as a small female vajra and the Sacred Gate as the female prostate.

Since men's and women's jewels (Tantric for genitals) evolve from the same embryonic human tissue, the comparison makes sense. Here is firm evidence that the two genders are equal, at least sexually. Maybe it will help end the perennial war between the sexes. Make love, not war, right?

A Tantric friend recently wrote... "My husband goes into as long and expanded states as I do, we are equal opportunity in this department!"

Women swoon when they first experience Sacred Gate play and female ejaculation. Blended orgasm, combining clio and Sacred Gate excitement, is even more fantastic. If you've read the rest of our ebook about supercharging women's pleasure, you understand why.

With male G-Spot stimulation, men can soar right along with them. Now there's no reason why ecstasy needs to be limited to the fairer sex. When you couple male G-Spot play with vajra stimulation, the sky is literally the limit.

EXERCISE: Male G-Spot Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- I would describe the quality of my sex life as...
- I've had the following experiences with my male G-Spot...
- I've experienced the following ecstatic states from sex...
- Here's how I'd like to expand my own level of ecstasy...
- My reaction to the whole subject of anal play is...

11.2 The Ins & Outs Of Anal Play Section

"With anal sex, as with all loveplay, there must be communication, mutual interest, and consent as well as a playful attitude and an open heart." ----- from Intimacy: A Green Light For Red Hot Sex And A Lifetime Of Loving by Jeffre TallTrees and Orv. Fry

Awaken Your Forbidden Zone

Before going any further, we want you to consider another fantastic benefit of men enjoying prostate pleasure. For the maximum experience, you enter through a man's anus. This takes some getting used to, but has startlingly powerful results if he does. Why is that?

Tantra teaches that we can only grow by accepting ourselves fully. Our bodies are the physical vessel for our spirits and therefore sacred. We should honor, revere, and enjoy them every chance we get. We consider sexual energy one of life's most powerful spiritual forces. Anything that ignites pleasure is sacred, even our rosetta.

We believe that nothing is more important than that you feel good.

Instead, most of us drag a lifetime of taboos with us everywhere we go. We're taught to neglect, judge, and put down our bodies. Not only are we conditioned against body acceptance, we're pressured to deny the sensual pleasures they can yield. We're taught embarrassment and shame with bodily functions, like wet yonis, hard vajras, burps, and excretions.

Owning all our equipment and their emanations is essential to loving ourselves and growing. Our rear orifice is one of our most forbidden zones, a private and secret place, kept in the dark and rarely exposed even to our most intimate beloved.

But the rosetta can generate immense pleasure. It's loaded with nerve endings, second only in sensitivity to its nearby neighbors, your jewels. Anyone who wants to appreciate life to the fullest shouldn't ignore it.

Kids Are Too Young For Toilet Training

Even if you leave out the spiritual growth path of Tantra, why can't we simply enjoy playing with all our toys like kids we crave to be again? Largely, this is because of early conditioning. From an early age, we're exposed to rules about the fun we naturally gravitate toward and the consequences of breaking those rules.

For example, when we're most vulnerable, toilet training convinces us that to be loved we need to keep our rosetta shut tight. For love and approval, we stress and strain until we keep our back door firmly closed. We grow up with strong imprints like "You're bad if you have an accident in your pants."

Whether you had harsh or loving parental discipline, there's no escaping childhood mistakes. Even if you had the most enlightened parents in the world, all of us were still controlled and disciplined by the values of the society we grew up in.

It seems so many of things that kids naturally do are labeled bad and wrong.

When our elders enforce the judgment that our actions are bad and wrong, we're bombarded with fear, pain, and things we interpret as threats to our survival. You can't blame us to take whatever steps we can to protect ourselves, can you?

We're too little to fight back and change the culture. So we feel powerless, and have little choice but to take the only avenue available to all of us, repress these powerful feelings. As a result, the emotional energy gets stored in our tissues. The tension between what we're taught and our natural instincts gets trapped inside.

This is body armoring, storing our issues in our tissues, which causes our muscles to lose their flexibility and permanently harden.

You see, we're not trying to convince you to be kinky or dirty. We're simply trying to point out that you're walking through life with injunctions that prevent you from feeling good. Armoring stays with you and makes you resist your natural sexual instincts. See our Yoni Healing Chapter for a further expansion of resistance and armoring.

The good news is that we're going to show you how to heal these internal tensions, awaken your complete pelvic region, and derive great pleasure through anal play in a clean way. You're going to learn a whole new world of sensual massage.

Spiritual Lessons Of Penetration

Yes, this chapter is about male Sacred Gate massage, not anal intercourse. You can learn to create a whole range of new sensations, implosive orgasms, and streaming ecstasy with your fingers.

Many gay men can attest to the pleasure of their prostate stimulated by a thrusting vajra. Male anatomy usually requires rear entry to accomplish this, as you learned in our Kama Sutra Sex Positions Chapter. This is because rear entry more likely targets the front wall where the male, like the female, G-Spot lies. Though this is beyond the scope of this ebook, there is a major lesson here.

To enjoy it, a man has to relax, open himself fully, and receive. This is completely contrary to his cultural programming. He's conditioned to being the performer, the leader, the decisive agent, the doer.

We find it tremendously freeing when a man first shares such a secret special place like this. He, for the first time, is being penetrated much like a woman. He can't be in charge. He has to trust, surrender, and make himself totally vulnerable. Those who do find they are open to an entirely new level of intimacy with their beloved.

Regardless of what happens, a man can't walk away from this healing without great empathy for what women experience during sexual penetration. This newfound equality can cause a quantum leap in relationship, harmony, and connection.

In Tantric terms, this is a pivotal step in a man's spiritual development. Learning to welcome penetration helps awaken his inner Shakti, the dormant female energy inside, so that it can merge with his dominant male forces. This merger of male-female energies brings us closer to our true native state.

Nothing Compares With Tantric Orgasm

Of course, nothing compares to using subtle sexual energy to reach Tantric Orgasm. If you missed it, let us remind you that Tantric Orgasm is an experience of prolonged peak pleasure in which your whole body vibrates with wave after wave of intense ardor. You shake all over, engulfed in surge after surge of pure liquid fire, that can go on for minutes, even hours.

We think many lovers crave stronger and stronger physical stimulation in an attempt to create this kind of non-stop ecstasy externally. With simple step-by-step practices, this ebook

shows how to create sensational highs with the slightest arousal. That's why we call S.E.X. Subtle Energy eXchange.

Tantric lovers use any and all kinds of sexual play to begin detonating Tantric Orgasm. Imagine having your most powerful triggers creatively loved while you're in the throes of Tantric Orgasm. It's an altered state we call the O-Zone, beyond excitement, beyond orgasm, and beyond multiple orgasm. Where time stops, boundaries with your beloved disappear, you merge with the entire universe, and float there endlessly never wanting the Supreme Bliss to end.

The secret of Tantric Orgasm is to spread the powerful sensations from each part of your jewels throughout your body. Then the energy implodes, massaging your mind, body, and spirit instead of being released by explosive orgasm.

OK, that's the end of our sales pitch to read the rest of [Awakening The Sacred Gate](#). At least for now.

EXERCISE: Resistance Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- My experience with anal play has been...
- My greatest pleasure from anal play has been...
- My biggest fears and resistance to anal play are...
- How I feel about being penetrated to share a woman's experience is...

11.3 Nothing But The Facts Section

Ready To Submit To A Delightful Massage?

We're going to assume that you've continued to this point because you're intrigued, or at least not completely turned off, about anal play and male Sacred Gate massage.

Really, the concept is no different than all the other ways of sensuously exciting your beloved's spiritual temple (their body) that we've covered previously. We need to warn you that we prefer to use Tantric terms Shiva (Tantric for the God in every man) and Shakti (Tantric for the Goddess in every woman). We explore this whole angle in great depth in our Sacred Tantric Sexuality Chapter.

For male G-Spot massage, Shakti uses Tantric touch to awaken Shiva's nerve pathways and energy channels while he does Orgasmic Breathing and gets higher and higher. Just like our Tantric LovePlay Chapter. It's just that here Shakti's massage dances behind Shiva's vajra and devamani and includes that exciting taboo place we call rosetta.

With the high sensitivity from the density of nerve endings back there, it's easy to create Supreme Bliss by caressing rosetta alone. When you extend the Sacred Gate massage strokes we covered in the female's chapter to the man's G-Spot inside rosetta, heaven is just a hop, skip, and stroke away.

Assuming, of course, you're not completely grossed out, locked tight as a bank vault at night, and armored against all intruders.

If you are, your massage regimen, as detailed below, will begin with healing, just as we did for Shakti. To experience ecstasy, armored Shivas first need to eliminate all the tension stored around their back door.

Is It Worth It?

Is it worth it? You betcha. Shortly we'll tell you about an actual client's story. We call him Steve to protect his privacy.

For now, guys, we want to direct your attention to something other than your level of confidence with your ability to satisfy a woman.

We're talking about your ability to satisfy yourself.

Which is why we introduced the energy pathway to a series of extended Tantric Orgasms that can send you forthwith right into the O-Zone. Your Sacred Gate can be the orgasmic trigger to an altered state so mind-blowing, so fantastic that when you get there you may curse yourself for waiting so long.

To start on that path of opening followed by indescribable ecstasy, a little information is vital. You probably want answers to questions about anal play and male Sacred Gate stimulation like...

- Is it good for me emotionally and spiritually?
- Is it healthy or does it spread disease?
- Is this a proven method or simply a kinky new fad?
- Is it something straight heterosexuals like me do?
- Is it dirty or can I do it in a clean way?

Once we put these questions to rest, we're confident you'll agree the benefits far outweigh the risks. Then we can go into anatomy and technique. Let's start by reviewing the history, benefits, and objections some men have to male G-Spot work.

History

We recognize that the rectum is not the most polite subject for cocktail party banter or dinner conversation. Yet, prostate massage has been an essential part of Tantric practice for thousands of years.

Early in the 20th century, it was common practice for wives to use a steel device to manually massage their husband's prostate during lovemaking. Wonder what they called that little wonder?

Alfred Kinsey, the groundbreaking sex researcher during the 1950s, stated that the anal area had erotic significance for about half the population. A recent Playboy survey of 100,000 readers confirmed this. They found that 47% of men and 61% of women admitted to trying anal intercourse. Imagine that half your friends are doing it and not talking about it!

During World War 2, military medics gave prostate massages to soldiers suffering from "pelvic congestion." We guess that's what they called the back up resulting from non-self-pleasers who hadn't had sex for months.

Of course, the French are well known for their appreciation of the finer things in life. They even have a word for stimulating the rosetta during sex, *postillionage*.

In spite of the long-standing taboo against anal eroticism, we believe that many lovers, not just gay and bisexual men, enjoy anal penetration and are experimenting with anal sex.

Benefits

Before male G-Spot play becomes delightful, men need to relax, release resistance, and heal their armored tissues through Pelvic Healing. These are enough reasons to experiment. To add more, we've compiled a good list of the benefits of anal play and prostate massage. Hopefully we can convince your head that it's worth getting into. We mean trying out.

Health

What you'll learn here will undoubtedly improve your prostate health.

Today men are increasingly concerned about the health of their prostate. Modern medical evidence suggests that lack of blood and oxygen flow to this vital little gland makes it susceptible to infection, enlargement, and cancer. Couple this with recent

research that suggests that men who are sexually active have fewer prostate problems and you have a strong argument for regular anal play.

When the pelvis is armored, it's cut off from its natural sources of nourishment: blood flow, oxygen, and nervous impulses. Massage can help overcome this by increasing circulation, improving muscle tone and mobility, and releasing toxins.

Some believe it even helps prevent prostate cancer.

Healing

All tissues of the body are naturally warm, pliant, and sensitive. This applies especially to your jewels, prostate included. As a result of past trauma, repressed emotions, and stored tension, armoring hardens these tissues, making them less alive.

Once Shiva gets past his taboos enough to experiment, armoring melts away. Prostate massage can release these negative energies and heal the wounding we all carry around with us. Men can learn to relax, become more receptive, and drop the pressure to perform that is a continuing source of anxiety.

Below you'll hear about great breakthroughs that Sacred Gate healing can offer to men.

Sexual

Some simply find it psychologically thrilling to do something so naughty as rear entry. Since Tantra honors any source of sexual pleasure, we encourage anyone to act consciously in forbidden ways when they're so moved.

When armoring is released, a man discovers heightened physical sensitivity and delicious new sensations inside. Suddenly he can move, undulate, and vibrate more easily from sexual excitement.

His inner flute, the invisible channel that connects his chakra energy centers, opens allowing sexual energy to move up more freely. He can access the seat of his Kundalini, his true sexual center.

Even men who have trouble maintaining an erection have reported the ability to experience orgasm as a result of male G-Spot healing.

Orgasm

With the prostate and surrounding tissues hardened, it's difficult for a man to experience orgasm without ejaculation and the ecstasy of multiple full body climax.

Once healed, a man's rosetta is open to pleasurable play, and the orgasmic consequences can be amazing. Extended slow massaging of the prostate, especially from the inside, can stimulate the sensations of contraction such as those you have during ejaculation.

Just as women report a different kind of orgasm from Sacred Gate stimulation, so can men experience implosion and ongoing streams of pleasure this way. These climaxes are longer, more intense, and with more powerful contractions. Rhythmic pulsing like this helps Shiva stay on the verge for minutes.

Also, men who have difficulty coming to orgasm can do so more easily after Pelvic Healing.

Ejaculation Mastery

Male orgasm begins with the involuntary spasm of the muscles around the prostate. When these armored tissues are healed, Shiva can overcome the common tendency to

tighten his pelvic muscles, contract his anal sphincter, and accelerate his thrusting as orgasm approaches.

Then it's much easier to learn how to keep these tissues relaxed, prolong arousal, and make love for as long as he wants, even hours. By conserving his ejaculation, Shiva can pump sexual energy back inside, fill his pleasure balloon more and more, and reach higher and higher ecstasy.

Avoiding quick explosion is only the beginning of developing complete orgasm mastery. Through training and practice with imploding, a man can learn to experience orgasm without ejaculation. Yes, these are different experiences. The next step, multiple orgasm, follows easily and naturally. From there, it's a short trip to extended Tantric energy orgasm and the ecstatic O-Zone, the lofty plane of continuous peak pleasure and Supreme Bliss.

Opening to anal play and prostate healing is the doorway to incredible sexual stamina. It's easy to learn with some fun practice. For the complete program, get your copy of Somraj's best-selling ebook [Ultimate Ejaculation Mastery](#).

EXERCISE: Benefits Discussion Questions

Here are some questions to reflect on, journal, or talk about with your partner...

- I desire to learn more about anal play because...
- I'm interested in these benefits from anal play...
- I believe my armored pelvis affects me in this way...

Myths & Objections

Before we go inside, we want to help you rest a little easier about the whole prospect by addressing some of the common myths about anal play. Hopefully, we can overcome some of the natural objections you may be experiencing.

Anal Play is Painful

It's the old story of agony versus ecstasy. The good news is that the rosetta has a dense concentration of nerve endings that makes immense pleasure possible, for some people the best ever. The bad news is that this makes your back door highly sensitive to abuse which can be uncomfortable, stressful, and highly painful.

If you're not a seasoned anal player, first entry typically causes an initial sphincter spasm. Our natural tendency to clamp down is simply nature's method of fighting off invasion in such a delicate place.

No, fighting your instinctive self-protection mechanisms isn't your route to supreme anal pleasure. If you really wanted to, with enough pressure you could force through the clenched doorway and make the spasm subside. The initial pain would disappear on the surface only because you've made the tissue numb out. This creates further armoring and prevents future appreciation of pleasure.

If earlier visitors forced their way in, we bet it was really uncomfortable. And left its imprint on these delicate tissues.

Just recognize you've been victimized and that there's a better way.

How Can You Overcome Anal Spasm?

Experienced anal players wait for the muscles to relax of their own accord.

Once you're properly relaxed, awakened, and welcoming it, you can maximize the ecstasy and virtually eliminate the agony. Which is why you're reading this chapter,

right? Even anal intercourse need not be uncomfortable or painful with willingness, know-how, and adequate preparation.

Our first three recommendations for preventing uncomfortable anal play are lube, lube, lube. We're talking about gobs and gobs of water-based personal lubricant. KY, Astroglide, Wet, Probe, etc. The list goes on and on. Just check out any adult products website, catalog, or store. If you write, call, or even walk in, chances are high that you won't be snickered at, you'll receive experienced advice from someone who's been visited there before.

Then, of course, there's the obvious advice about making sure the fingers that approach your rosetta have short smooth nails without any jagged edge or smooth fingers without calluses. You'll probably want to use surgical latex gloves unless you begin experimenting in the shower.

Of course, if you have irrational objections or memories preventing you from experimenting, believe us, you're armored. You really need slow caring Pelvic Healing. No reason to carry all that pain and tension around with you, don't you agree?

Chronic Discomfort

How comfortable are your bowels?

Some people resist anal play because they live with constant discomfort and pressure in their lower GI tract. Chronic constipation will do this.

If this applies to you, change your diet. Eat more fresh fruits and vegetables and unprocessed grains. Drink more water. Somraj takes some natural herbs daily which keep him regular.

Hemorrhoids can make anal play downright painful. We believe that this is solid evidence that you're armored, but that doesn't help much when any entry is excruciating. Nutritional authorities have tried to convince us that hemorrhoids are the result of toxins in the liver and how your body responds to stress. If they're right, learning to meditate and doing a liver cleanse should help. Otherwise, wait until the swelling disappears before experimenting with anal play.

There is a medical myth floating around that anal play is dangerous. This just isn't true if you learn to stay clean, avoid pain, and don't experiment under influence of drugs.

It's also possible that you have...

- BPH, benign prostatic hyperplasia which is a non-cancerous enlargement of the prostate which affects easy urination,
- Prostatitis, an inflammation easily treated by antibiotics, or
- Rectal or prostate cancer.

We hope not. But if chronic discomfort is keeping you from Pelvic Healing, we urge you to consult a doctor before any of the practices in this chapter.

Fear Of Making A Mess During Anal Play

We understand, this can be embarrassing. Why not try your first experiments in the shower where the evidence will be quickly washed away?

Knowing several facts may help. First, when you apply pressure to the prostate, it may feel as if you have to pee. That's because the prostate is at the base of the bladder wrapped around the urethra, the tube that conducts urine out of the body. So pressure on the prostate feels amazingly like the pressure exerted by a full bladder. If you take a

few deep breaths, it passes quickly. Of course, you'll empty your bladder before you start, right? Then you'll have greater confidence to wait out the sense of urgency.

Second, the rectum rarely contains any fecal matter except just before a bowel movement. There may be a few remnants from last time. If you want to be extra sure, go to the drugstore, buy an anal douche kit, and clean yourself out over the toilet first.

Just like the front end (bladder pressure), the sensation of prostate pressure makes it feel as if you've got to go.

With practice, you'll learn to distinguish between the false indication that you need to empty your bowels or bladder and the real thing. When get used to it, you can learn to feel the pleasurable sensations without automatically believing you have to go.

Be sure you play on lots of towels for that extra layer of confidence. And there's nothing wrong with a little break to go to the bathroom to see if these new sensations are playing tricks on you.

Does Liking It Make Me Weird?

Does enjoying anal play make your weird? No, we don't believe that's true at all.

Sure, some people will think so. Of course, some people think sex is bad. Some think television is bad. Some think eating hamburger is bad. What do you think?

Is it normal? Remember the statistics earlier. Over half the population has tried anal intercourse. So join the adventuresome half and decide for yourself.

If you decide you like it, just don't tell them. The pleasure may be well worth keeping the secret from the world. The same one that so many of them are keeping from you.

In spite of all the media attention about the sexual revolution, our society is predominantly uneducated, repressed, and unconscious regarding sexuality. This creates values that are imposed on you through social conditioning that don't serve your well-being.

In large measure, this is how Tantra can help you change your life. Tantra teaches us to confront what we resist and release the energy stored in these fears and wounds.

Anal Play Is Dirty

Anal play doesn't have to be dirty. We do it regularly and rarely contact anything we'd rather not. We take a shower right before, maybe do an anal douche with a couple cups of water, and often use gloves.

So what's the big deal?

We'll tell you. It's in your mind. If your mind is full of dirty thoughts, you sure won't experience much pleasure. But then that applies to sex in general, doesn't it?

We recommend letting go of your programming, reframing your beliefs, and releasing your armoring. A great way to begin is by reading the classic work on the subject, Jack Morin's [Anal Pleasure & Health: A Guide for Men and Women](#). You can get your copy by clicking here....

[<http://www.tantraattahoe.com/resources.htm>](http://www.tantraattahoe.com/resources.htm).

Tantric LovePlay isn't about getting so swept away losing control that your inhibitions are overpowered. It's about consciously choosing pleasure and acting to create more and more. So we believe that anal play is a great training ground for the ritual behavior of Tantric Sex.

Now it is true that some fairly strong bacteria live in harmony with the inside of your GI system. As long as they stay there, they remain happy and so will you.

To keep them where they belong (inside), here are the hygiene precautions we always use to stay conscious during anal play...

- We use talc-free latex gloves or finger cots readily available at local drug stores. (You still call them the chemist's shop in the UK?)
- We use water-based lubricant which doesn't degrade the latex.
- We always keep towels, handiwipes, hand sanitizer, and a garbage bag nearby.
- We never expose an open cut or sore to anal play.
- We never switch a finger, toy, or vajra from rosetta to yoni or anywhere else for that matter without thorough washing with soap and water and disinfecting.
- We remove a glove by pulling a clean spot at the wrist end, not the fingers. This automatically rolls the outside in so we be discard it without contaminating anything else.
- As an added precaution, we can disinfect our hands afterwards with alcohol, wash with warm soapy water, or use a hand sanitizer.
- We take another shower before any other activities.

By the way, though it's not part of this curriculum, we don't recommend rimming, oral play with the rosetta, without a latex barrier.

You'll Catch An STD

STDs, sexually transmitted diseases, are no myth. The precautions above prevent their spread. As does the conscious communication we explained in detail in our Tantric LovePlay Chapter.

We know many who have been highly sexually active for years without catching anything. This is a testament that consciousness and precautions do work.

Just to be extra safe, let us remind you of the vital facts...

- STDs can be transmitted through rectal tissues.
- Bacteria, virus, and other parasites can pass from the receiver's rectum to the giver via the mouth, nose, yoni, or skin cut.
- The HIV virus which causes AIDS can pass from blood or semen into the bloodstream of the receiver through tiny openings in rectal tissue.

So we always use gloves for manual penetration, a latex barrier for rimming, and a condom during anal intercourse.

Homosexuality

Being gay is not an infection, an irresistible force that overpowers your will, a sleeping monster lurking deep within the dark recesses of your asshole.

If you enjoy anal play, it doesn't mean you have latent homosexual tendencies. As we've shown, it's common with adventuresome heterosexuals.

If you're afraid that people will label you gay if they knew you enjoyed anal play? Well, don't tell them!

Are you afraid that you'll lose your manhood by playing the woman's role when you're penetrated by a finger? Actually, many women love vulnerability. Heterosexual men become more sexual and more ecstatic by freeing their natural instincts,

Are you afraid that you may like it so much that you will want to move in that direction? Look, if down deep you really are gay or bisexual, don't you think it's time to find out who you really are?

In essence, that's what the Tantric spiritual path is all about: finding out who you really are. If you admit that you're gay, know that you'll be loved in conscious circles by having the courage to face your true nature.

Remember, fears like these are stored in your tissues creating impenetrable armoring. If there are strong emotions inside, that's all the more reason to engage in Pelvic Healing.

Now we don't want to get off on a rant here (thanks to Dennis Miller for the cue), but we think all this anxiety about labels like gay and bisexual are foolish. Tantric students adopt and practice pleasure as a spiritual discipline. Let's forget what it's called and spontaneously enjoy whatever makes us feel good in the moment. And if that changes, being labeled shouldn't hold us back from completely redefining ourselves. Just be who you want to be, OK?

Thanks, we feel better getting that off our collective chests. We hope you do.

EXERCISE: Objections Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

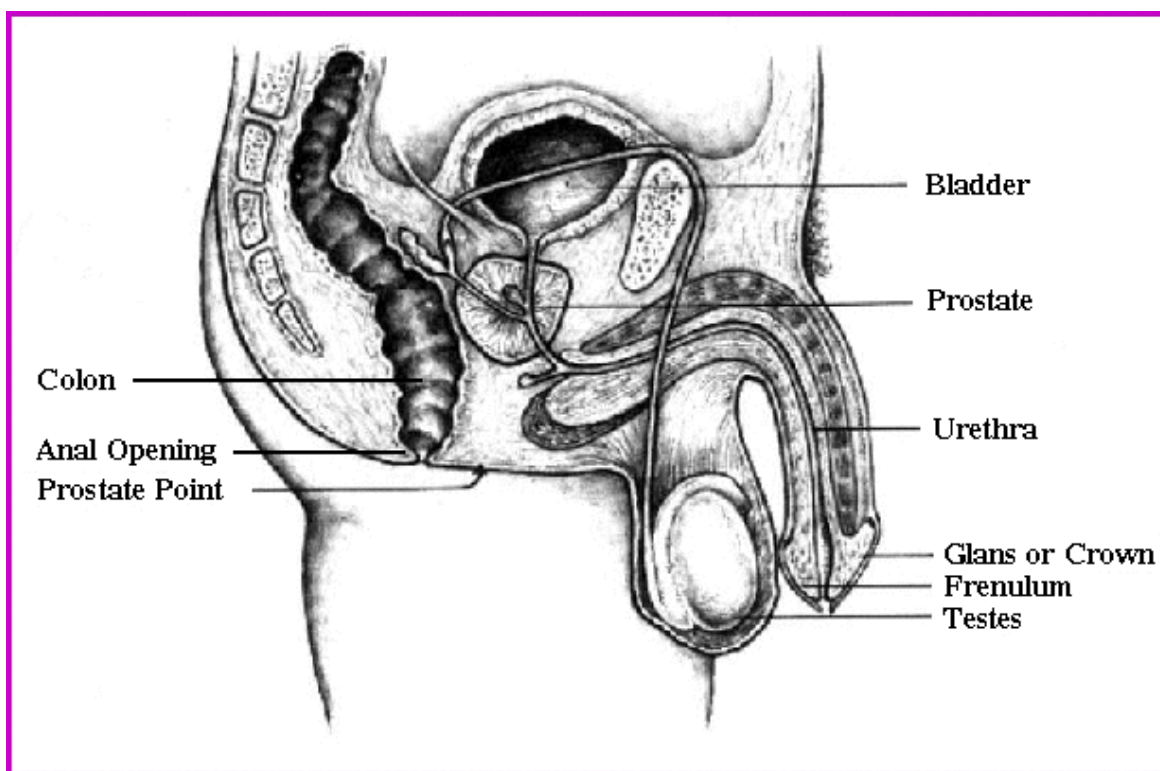
- I was worried about these objections...
- I've accepted these explanations about them...
- This is what I plan to do about any remaining concerns....

11.4 Discovery Section

Getting To Know The Landscape

To master the male G-Spot, it helps to be familiar with its entire territory. So before we get into the ins and outs of massage, we better explain male sexual anatomy. How can you become an expert if you don't know all the parts? Then we'll give you some fun hands-on practices so you can discover these truths about your own body.

Let's start with the main object of our affection, the prostate gland. Here we'll summarize what you've read before all in one place and go into greater depth so you get the full story.



Prostate Anatomy

The prostate gland is egg-shaped or round, the shape and size of a chestnut or walnut. It's half glandular and half muscular which makes its fibrous mass feel much harder than rest of the surrounding tissue. If you want to be extremely precise, it's in reality a group of small glands collected in a ring-shaped organ of strong sheathing about 1 inch (2.5 cm) long.

Despite the differences in men's height, weight and other physical characteristics, the location of the prostate gland is the same in approximately 98% of all men. It lies in the upper pelvic region nestled in the pubic bone right under the bladder and in front of the rectum, the lower end of the colon at the end of the large intestine. Sitting at the base of the bladder that collects urine from the kidneys, the prostate surrounds the urethra, the tube that conducts urine out through vajra.

Because it's harder than the surrounding tissue, you can feel it 2 to 3 inches (5 to 7 cm) inside the rosetta on the front (anterior) wall of the rectum. The prostate contains some of tiniest blood vessels in body plus a nerve plexus that contributes to its role as a man's sexual emotional center. This explains its high sensitivity and potential as a powerful orgasmic trigger.

The main biological function of the prostate is reproduction. During ejaculation, semen, the fluid that carries sperm to eggs in the woman's uterus, passes through the prostate through the two spermatic ducts, or vas deferens.

The prostate secretes prostatic fluid, a colorless, odorless, slightly milky and salty, semi-viscous liquid that is a major component of semen. Prostatic fluid often tastes sweet because it contains sugar as a nutrient for sperm, in addition to hormones that make fertilization more likely in the uterus.

The prostate is both gland and muscle...

- It's a gland because it swells with fluid during sexual excitation, and

- It's a muscle because it pumps and propels the fluid out with force to mix with the other components of semen.

Perineum Point

Earlier we claimed that you can massage the prostate, the male G-Spot, from the outside. Here we'll explain how to find the Perineum Point and massage it.

The perineum is the area midway between the jewels and rosetta at the base of the pelvic floor. For guys, this obviously means between your scrotum, the sac that holds your devamani or testicles, and your rosetta, or anus.

If you press in there, you'll find bone close to your scrotum and a soft spongy area closer to rosetta. That's your perineum. As well, vajra's root or bulb is inside there. You can prove to yourself if you explore when you have an erection.

The soft fleshy spot where you can dig in real deep, we call the Perineum Point. If you press hard, you can massage your prostate from the outside through the point.

Since Somraj's vajra bulb when erect extends very near his rosetta, his Perineum Point is closer to his rosetta. As always, experiment since your mileage may vary.

Perineum Massage

To massage your prostate from the outside, push the ends of one or two fingers firmly into your Perineum Point. When you hit the right spot it should feel good, especially if you try this while self-pleasuring vajra.

External prostate massage can create a sense of urgency as if you have to pee. That's because your prostate is wrapped around the neck of your bladder. You may also find this kind of pressure makes vajra swell, strengthening your erection. Nice side benefit, huh?

Try one long firm push or a series of rhythmic pushes to see what feels best. Many guys find the pulsing rhythm quite pleasurable because it imitates the prostate's pumping action during ejaculation. Some men really like a strong vibrator on this Perineum Point.

Use of the Perineum Point has been around for millennia in ancient Tantric and Chinese sexual references. They report that pressing or stimulating this external prostate spot can delay or even interrupt ejaculation, especially when long firm pressure is accompanied by the slow deep exhalation of Tantric Breathing.

We believe it's the emptying of the swollen gland that prevents a wet male orgasm.

By the way, if you discover small amounts of prostatic fluid seeping out the end of vajra during external or internal prostate play, don't worry. This is common and normal. (If the fluid is colored, dribbles in great volume, or leaks without prostate stimulation, you should see a doctor to check it out.)

PRACTICE: Self Perineum Point Discovery

Purpose

To discover your Perineum Point by yourself.

Description

Have you been exploring your perineum while reading the above? If so, good for you. Tantra is a hands-on science. If not, give it a try.

1) SIT

Sit in a chair with your legs on the table or lay on your back with your legs in the air. You took your shorts off first, right?

2) EXPLORE

Press on your perineum and explore. Use different fingers and whatever knuckles can reach. Try varying the pressure and rhythm. If you have a vibrator, try that too. Most men have a unique sensation when applying pressure to their G-Spot.

3) FEEL IT

Do you feel the soft spongy spot? What do you feel when pressing? What actions feel best?

4) ADVANCED TEST

Ready for the advanced test? Try the above while self-pleasuring.

If you haven't read our chapters about Tantra's adoration of pleasure as a spiritual pursuit, this might come as a bit of a shock. Yes, we're encouraging you to play with yourself. Look, most everyone one does it because it feels so good. At last, your teachers have assigned it for homework. Oh, sorry, we call it homeplay.

5) EXPERIMENT

Again, experiment with different fingers, pressures, and strokes.

6) QUESTIONS

- How does it feel while stroking vajra?
- How do the various methods affect your erection?
- Does pressure on your G-Spot enhance your pleasure?

Vajra & His Neighbors

Did you get an owner's manual when you were issued with your jewels? Guess not. Let's trace your sexual geography from one end to the other to make sure you know how to operate all your equipment.

We know you've already discovered your *vajra*, our Tantric term for penis that literally means "divine thunderbolt" in Sanskrit. You might have heard another popular Hindu term, *lingam*, which means "wand of light."

We're going out on a long thick limb here by guessing that you know vajra swells when excited, right?

In spite of his slang names boner and woody, there are no bones inside vajra. He contains spongy erectile tissue that gets hard when filled with blood. That's where erections or hard-ons come from. Thank Goddess for small, we mean, big favors.

Did you ever hear the joke that uses another name for vajra, the one with the punch line "Big Jim and the twins?" The twins are ball-shaped, where they get their more popular slang name. Big Jim's neighbors are officially called *testes* or testicles, two egg-shaped glands, that ride in the sac made from folds of skin called the *scrotum*. The testes, you've already figured out, are where sperm cells are manufactured. They also secrete *testosterone*, the hormone that drives our sex lives.

Since we're being particular, you might as well know about the *epididymis*, the storage area for new sperm that's wrapped around the upper end of each testicle. The little swimmers grow and mature in these special bags until they're strong enough for travel and competition.

To get away from all the dirty jokes and unwanted connotations, we prefer the Sanskrit term *devamani* for Big Jim's twins.

Those Brave Little Swimmers

When the brave little sperm do leave the *devamani*, they do so via two firm muscular tubes that meet at the prostate. These spermatid ducts, called *vas* or *ductus deferens*, coil up and around

the bladder. If you're the happy recipient of a vasectomy like Somraj, these are the tubes that got cut.

Two little sacs the size of small fingers, named *seminal vesicles*, are attached to the prostate. After they leave their original home, sperm collect here where they're nourished until called upon for duty. When a man ejaculates, these little sacs eject the sperm cells and the majority of the fluid contained in semen.

We've already mentioned the *urethra*, the tube that runs from the bladder through the prostate to the end of vajra. The urethra conveys both urine and semen, but fortunately not at same time. So urine can't leave the bladder during ejaculation, the prostate gland closes off the upper end of the urethra while it's employed in more pleasurable pursuits.

But wait, there's more. The Cowper's Glands are just a bit downstream from the prostate. Just before ejaculation, they emit a clear, colorless, thicker, alkaline liquid that neutralizes any urine remaining in the urethra. Got to keep those little swimmers as happy as possible until the very last moment.

A Little Trip Down Ejaculation Row

Somraj's ebook Ultimate Ejaculation Mastery is the complete reference on understanding and mastering male ejaculatory orgasm. By doing its practices, you can learn to gauge your excitement on a ten-point scale, and clearly identify your point of no return. You know, that's the stage of arousal when there's nothing you can do as you're sliding over the cliff so you might as well let go and enjoy the ride. Just to complete the story, we've reproduced his detailed description of ejaculation here.

Did you know wet male orgasm is really a two-stage process? Emission and expulsion.

Emission Phase

Spasms of the smooth muscles around your prostate, seminal vesicles, and vas deferens automatically contract and empty their contents into the urethra. This forces the mixing of the fluids from the epididymes, seminal vesicles, and prostate that carry the sperm while the Cowper's Glands are expelling their secretion too.

Expulsion Phase

Rhythmic wavelike soft-muscle contractions in your pelvis propel the semen down your urethra and out the head of vajra where those little swimmers have a brief fight for survival and usually lose. These contractions of your pelvic muscles that cause the actual release of semen are also the main ones that cause the fantastic pleasure.

Well, that's the story, and we're sticking to it. (Sorry, bad joke.) Now you know more than you need to for understanding the front end of your plumbing.

PRACTICE: Ejaculation Discovery

Description

We hope you've enjoyed this fantastic voyage through your reproductive system as much as we have. Of course, this is all theory until you experience it all for yourself.

So we have another exciting homeplay assignment for you. Make yourself orgasm. See how many of the different processes we've just described you can feel.

Purpose

This practice will heighten your awareness of your ejaculation response: the point of no return, emission, and expulsion.

1) SELF-PLEASURE

Self-pleasure vajra slowly, feeling all your sensations fully.

2) POINT OF NO RETURN

As you reach the point of no return, stop all motion.

3) FOCUS ATTENTION

Relax by taking deep breaths and focus your attention on all parts of your body, especially your jewels.

4) FEEL EMISSION

As you begin ejaculating, feel the semen moving from your devamani (testicles) to the base of vajra with smooth muscle contractions (emission phase).

5) FEEL EXPULSION

Notice the delay between phases and then the involuntary squeezes of your pelvic muscles that cause the semen to squirt out (expulsion phase).

6) ENJOY

Now focus on what you learned and give thanks that you can experience such intense pleasure.

A Rose By Any Other Name

Now that we have our primary target in focus, let's take a stroll around the back of the neighborhood.

Because it's the best way to reach a man's G-Spot, we'll go into some depth (sorry, couldn't resist) about the anatomy of the rectum. If that's not one of your common everyday terms, let us explain that the rectum is the lower end of your food processing system, GI or gastrointestinal tract to be precise, that ends with your anus.

You know we have our own Tantric names for many body parts to reframe our thinking from clinical or dirty to pleasurable. Which is why we prefer to call the anus the *rosetta* because if you look straight at it, it resembles the circular arrangement of the petals of a rose radiating out from the center opening.

Rosetta, and the inner regions that you can reach from this point, have an important role to play in sexual pleasure for those liberated and healed souls. That's because this area of the body is one of most sensitive of erogenous zones, meaning capable of producing intense sensual pleasure. We believe this is because the nerve endings concentrated around the opening are served by the same nerve pathways as the closest sexual organ, namely vajra.

Get Ready Men, We're Going In

Let's begin at rosetta and work our way in.

This is the *anus*, the opening at the end of the rectum that's actually a *sphincter*. This is a ring like muscle that functions like a valve to keep body passages closed until needed. Sphincters, like rosetta, are expandable to allow much larger substances to be evacuated. Yes, when you have a bowel movement.

In spite of the round muscle's ability to stretch so far, it's lined with soft tissue. We can add "delicate" to our description of rosetta's sensitivity due to its high concentration of nerve endings.

Because the anal sphincter is easily controllable by the mind via the nervous system, you should be able to readily contract and relax it when you choose to. That is, of course, unless it's highly armored due to stored emotional baggage.

Stairway To Heaven

Rosetta serves as the gatekeeper to a short anal canal that's about half an inch long (1-2 cm). If you penetrate another quarter of an inch (1 cm), you discover another sphincter that's not so easily relaxed. This inner ring like muscle is controlled by the autonomic nervous system, you know the involuntary one that governs routine bodily functions like heartbeat, digestion, and temperature regulation.

The good news is that you've got two doorways keeping your waste products where they belong until you want otherwise. The bad news is that the internal sphincter, operating below our level of awareness for the most part, responds to strong emotions like fear and anxiety.

Which means when you're armored down there, you're really closed tight. But according to Jack Morin, author of Anal Pleasure and Health: A Guide for Men and Women, by inserting a finger routinely and simply feeling...

"Anyone can gradually learn to control the internal sphincter at will."

You don't force your way with speed and pressure but with slow movement and holding. After a fairly short period of time, the second sphincter will relax.

Watch Out For The S Curve

If you insert a finger past the second muscle, things open up considerably as the rectum tilts toward the front of the body. You've entered the lower end of the large intestine. Technically, the rectum starts at the anal canal so it's common when talking about anal play for this to mean rectal play as well.

The word *rectum* comes from the Latin word for "straight" which proves that the early anatomists were confused about its orientation. Not only does it tilt forward initially, but a few inches further in it curves towards the back, sometimes by as much as 90 degrees. Then, after few more inches, it curves towards the front again.

In other words, if you try to stick something longer in there, you'll run into this big "S" shape.

Finding The Nugget

The inner way to massage the prostate gland is through rosetta just past the point where the rectum widens. The entrance to the anal canal is sensitive to touch like yoni's mouth. Also like yoni, the inner portion of the rectum responds mostly to pressure.

Search for the male Sacred Gate on the front rectal wall just beyond the second sphincter. That's a few inches inside rosetta. To reach the prostate, you face the palm of your hand towards vajra and the belly, not towards the back. By the way, if vajra is erect, you can also feel the lower end of the bulb of vajra from the inside.

The delicate, highly sensitive tissue thereabouts is lined with mucous membranes. It's important to know that they're not as prolific as an aroused yoni and only lubricate a small amount. Which is why you need copious amounts of a water-based lubricant for comfortable play.

Because the lining is made of fragile tissue, remember not to use a product with chemical additives like nonoxynol, a caustic spermicide, for example.

PRACTICE: Self Prostate Discovery

Description

Now that you know the lay of the land, let's do a little adventuresome exploring. Some guys can massage their prostate themselves. Because you have to reach down and

around to go deep enough, it's not the easiest kind of self sensual massage, but it's worth a try.

Purpose

To find and explore your own prostate.

1) SHOWER

The next time you're in the shower, massage rosetta with the pad of a finger. Once washing thoroughly, we recommend you rinse the soap off before entering since the tissues inside could react negatively to the soap.

2) BED

Alternately, you can lay on your back with your knees up and your feet flat on the bed. Or if it's comfortable for you, bend your legs up higher on chest. Remember to have latex gloves and water-based lubricant handy for this exploration.

3) INSERT

Insert the end of your finger, preferably a smooth one with a short fingernail. Some experts suggest using the thumb but Somraj has no idea how to get his arm down there far enough for this.

4) RELAX

Remember, deep breathing can help you relax. Don't push it if you encounter pain. Take your time and see if you can consciously relax any spasm or tightness.

5) MESSAGE ROSETTA

Massage rosetta, the outside sphincter first, playing with PC muscle contractions as you do. You may relax more if you play with vajra.

6) DEEPER

As you relax, go a little deeper into the anal canal. Discover the inner sphincter and see if you have any power to squeeze or relax it.

7) MASSAGE

By taking your time and breathing, you should be able to penetrate past the second sphincter. Once you do, press upward and forward towards vajra. Massage down and outward feeling the tissue.

8) SEARCH

Press the various spots you can reach, searching for the muscular gland and the unique sensations it will give you. Remember the prostate gland is fibrous, much harder than the rest of the rectal wall.

9) TEST FEELINGS

Test various pressures and strokes to see how they feel. It may feel as if you need to pee because of the pressure you're putting on the bladder. Relax and breathe through it and this feeling should pass.

10) SELF-PLEASURING

If you enjoy the sensations, feel free to combine your inner massage with an outer one by self-pleasuring vajra. The interplay between the two sensations is great fun. When vajra is aroused, many men like extremely firm G-Spot massage.

Afterthoughts

That really is all this practice is about, to explore, discover, and feel. If you've turned yourself on, take it as far as you want and enjoy yourself. An orgasm with male G-Spot massage is quite a powerful experience.

By the way, you may experience a clear fluid leaking from vajra during or after your practice. Don't worry about it, a little of this is perfectly normal. Remember, you're stimulating with your ejaculation system and building up fluid from the glands that produce semen. If it seeps out after being produced, no harm done.

Some men also ejaculate unexpectedly when they begin prostate play since the sensations are so different and powerful. If this happens to you, feel free to repeat this practice as often as you need to get accustomed to this new kind of play.

11.5 Pelvic Armoring Section

"In order for a man to be able to follow a woman on the successive waves of pleasure, he has but one solution: to become a woman energetically. That is, to abandon himself totally, let go, surrender, completely." ----- Daniel Odier in Desire

What Exactly Is Armoring?

The first aim of male anal and Sacred Gate massage is healing. Healing massage of all parts of the pelvis is designed to relax armored tissues to release their stored trauma, pain, and emotions so the energy can flow freely and the sensations magnify.

Here's how we described armoring in the earlier Yoni Healing Chapter...

When past traumatic experiences are lodged in the body's muscles, they tighten and the surrounding tissues harden. Some call this "armoring." Armoring is an attempt to prevent pain. We tighten and contract to avoid discomfort and protect ourselves. Unfortunately, the energy generated by the experience gets trapped inside. Our bodies become a storehouse for negative imprints.

A natural process. Unfortunately, this repeated tightening that protects against "dangerous" sexual feelings has the undesirable side effect of stopping the flow of nervous signals, life-giving fluids, and vital energy.

When armoring continues, it deadens the constricted tissues. They become rigidly locked in place, stiff instead of soft, pliant, and supple the way nature intended.

The jewels are as subject to armoring as anywhere else in the body. Maybe even more so when subjected to abuse as well as fear, guilt, and judgment from social conditioning. Our sexual frustrations, failures, and wounds leave their emotional and psychological energy traces in these vulnerable tissues.

What Cross Do You Bear?

In our Yoni Healing Chapter, we described the following effects of pelvic armoring on women...

- Blocked energy flows
- Negative health effects
- Reactive protection mechanisms
- Sexual inhibitions
- Performance pressure and anxiety
- Body judgment
- Emotional resistance and instability.

Armored men suffer from these as well, but also have their own unique crosses to bear. They're driven to score. Performing becomes paramount. They can't avoid competing. Vajra size

is a make-or-break ego issue. They resist change and become tight-assed. Explosive release is the only way to relax the armored stranglehold on our bodies.

Some psychologists believe that the roots of pelvic armoring lie in childhood. Our first traumas are often the inevitable accidents of toilet training that teach us above all costs to hold it in. Early punishments administered by spanking certainly associate our rear end with being bad.

Ancient Yoga texts warn against the reversal of sexual energy that from a downward flow as a result of fear, sudden shock, neurotic obsession, strenuous physical exertion, or vigorous lovemaking on a full stomach.

What Causes Armoring

Whether you accept these analyses as completely true or not, you can't argue that growing up in a sex-negative culture provides ample opportunity to reinforce these roots. Here are just a few of the ways men become armored and end up living with resistance to their instincts and thus to their pleasures...

- guilt around masturbation
- embarrassment about wet dreams
- fear of being discovered having sex
- shame around erection, penis size, or impotence
- religious repression of natural sexual impulses
- regret for cheating or immorality
- fear of being unable to satisfy partner
- sexual performance anxiety
- feelings of inadequacy
- emotional ups and downs during puberty
- disappointments and rejection by first loves
- feminist put downs
- abandonment by loved ones
- childhood sexual abuse
- stored pain of circumcision
- painful, clumsy, insensitive rectal exams
- irritated anal tissues from constipation and forced bowel movements (laxatives or enemas)
- modern fear of prostate cancer
- repressed anger, suppressed hatred, and swallowed dislikes
- pressure to succeed and provide financial security
- fear of failure.

It's natural for us to tighten our asses to protect ourselves against pain. The more we're armored, the more unavoidable this is. Male pelvic armoring becomes a self-reinforcing cycle. Our tendency to clench when thrusting during maithuna (Tantric for sexual intercourse) strengthens the cycle. We tense the sexual muscles at our pelvic floor when we get excited, and especially when we try to control ejaculation.

What You Have To Look Forward To

How will you benefit if you undergo a program of Pelvic Healing that releases your armoring?

- Deep pelvic massage will increase blood flow to your prostate, increasing available oxygen, relaxing and softening the surrounding tissues, and encouraging the

cleansing of trapped toxins. The medical literature contains many reports of digital massage shrinking enlarged prostates.

- Releasing the old negative energy stored inside will return your vitality, making you more playful, spontaneous, and open to change.
- Opening your subtle energy channels will increase vajra sensitivity, improve ejaculation mastery, and make you a better lover.
- You'll recapture your natural ability to flow sexual energy, reach higher states of ecstasy, and may experience full body orgasm for the first time.

Now doesn't that sound like a good deal to you?

EXERCISE: Armoring Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- I'm aware of my armoring because of...
- I feel my armoring is caused by...
- I would like these benefits of healing my armoring...

11.6 Healing Massage Section

What Is Pelvic Healing?

Unfortunately, our genital areas rarely experience healing massage, external or internal. We're not pointing out the obvious truth that the average person doesn't get enough sex. We're saying that instead of loving nurturing touch, your jewels are more likely to be subjected to the heated demands of pent-up sexual desire.

You know already that we like the hot part. It's the lack of nurturing that we're dedicated to change with your help. So you'll find the healing practices that follow always start with relaxing sensuous Tantric touch first. This is immediately followed by massaging the surrounding muscles and connective tissues to relax you.

Pelvic Healing is done through gentle and then deep loving massage around a man's jewels and then inside his rosetta, ultimately reaching his G-Spot. Just as with yoni healing, this may take repeated sessions.

Through this process, the negative energy trapped inside is transformed into pleasure. The release of stored pain frees the channels so that future pleasure can flow without hindrance.

Pelvic Healing allows a man to open up and surrender, just like women have had to learn to do to experience sexual pleasure. It also teaches a man how to relax, let go, welcome feelings, and enjoy being in his body.

The more you do this, the easier it becomes, the better it feels, and the more sexual ecstasy results.

Comfort Is Paramount

Let's take a look at how to arrange your bodies for the giver to comfortably reach Shiva's jewels. Since it's essential to relax the entire body and then work the muscles around the jewels and rosetta before going inside, the receiver will spend some time on his stomach and some on his back.

Because Tantric Pelvic Healing is as much about running subtle energy throughout the body as it is about sexual technique, comfort is pivotal. This applies to the giver as well as the receiver. If the giver has to stress and strain while trying to create pleasure, the tension telegraphs to the sensitive, vulnerable receiver. We encourage lots of experimentation until you find what works best for the two of you.

We find that for our mature bodies, this drive for comfort requires that we sit as close as possible, usually between the receiver's legs. We carefully arrange proper arm position, leg cushions, and back support. Though you can lean against pillows, we prefer to use a backjack when we're giving.

A *backjack* is a nifty little floor chair that's constructed around a rigid metal frame covered by fabric. You sit on a cushion attached to the bottom of the frame while leaning back against the upright. The whole thing is supported by the strong leg that extends behind you.

Positions Internal Pelvic Massage

Here are some options you should experiment with for doing internal pelvic massage...

Stomach

Probably the easiest way to reach the prostate comfortably is with the receiver laying on their stomach with their hips propped up on pillows. Though this position allows the most direct contact with the perineum and rosetta, it greatly reduces intimate contact and communication between partners. It tends to increase the "clinical" feeling.

Leaning Back

When the receiver lays back against cushions (or an upside down backjack), you can have much more eye contact, non-verbal communication, and direct dialogue. The bad news is that the receiver is sitting on your target area. Our solution is to prop their hips up with a rolled towel or small pillow. If the receiver's legs are spread wide with knees supported by pillows too, their jewels and perineum are very accessible. It's important for the giver to position themselves at an angle so their wrist and hand remain straight. Otherwise they can become very fatigued quickly.

Flat Back

The receiver can lay flat on their back on a massage table or the floor. It's best to prop their knees up on pillows or have them hold their legs against their chest. This provides easy access to the perineum and prostate while allowing more intimate communication, but not as direct as the Leaning Back position.

On The Side

We've read that one author's preferred position for prostate and perineum massage is with the receiver on their side. This does expose the target area, but the most relaxed posture is with the legs together. Maybe they can be spread with pillows or the receiver can hold the upper knee in the air. Still, the giver is behind the receiver so intimate connection is reduced.

The 5 Tantric S's

Tantra is conscious sacred sexuality. Sure, we applaud impassioned spontaneous quickies when the urge sweeps us both away. Most of the time that means we plan and prepare ourselves while creating the best possible environment for intimate connection, sexual pleasure, and spiritual awareness.

If you missed our Sacred Tantric Sexuality Chapter, this would be a great time to read it. Then you'll really understand the 5 Tantric S's, the standard practice preparations we always remind you to begin with: Supplies, Showering, Setting, Stretching, & Settling.

Since we use this shorthand in our practice instructions, we want to remind you what we mean. If you already read the chapter, this review won't hurt. If you haven't, turn back to section 6.6.

PRACTICE: Pelvic Massage Positions

Description

Instead of thinking about what would work best and debating at length, we recommend you try all the possible positions for some time and listen to your body's comfort or strain.

Purpose

This introductory practice also gives you a chance to practice preparing yourselves and your space with the 5 Tantric S's.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Discuss Partnering Questions -- desires, concerns, boundaries -- in the moment.

Collect up pillows, cushions, and any props like backjacks you have so you'll be ready for nearly anything.

2. READ

Together read over the section about finding the most comfortable position for healing massage.

3. FIRST POSITION

Help the receiver arrange himself most comfortably in the position that seems best to both of you. Then help the giver get into a comfortable supported place.

4. TALK ABOUT IT

Now, spend a few minutes talking about how it feels. If you want, continue discussing what you're learning about pelvic massage, sexual pleasure, and Tantric energy.

5. ADJUST

If you develop some strain, adjust to find a more comfortable arrangement.

6. OTHER POSITIONS

When enough time and experimenting have demonstrated how well the first position works for both of you, try the others, one at a time for some length.

7. FEEDBACK

When you've tried them all, talk about what worked best for both of you for vision, access, and comfort for short sessions and long ones.

8. CLOSING

When you decide to end your session, slowly relax and slow your movements down. We really like the energy connection of one hand on vajra and one hand on the heart at this point.

Give each other a Heart Salutation and do whatever works for you to acknowledge each other and give thanks for the pleasure you've received.

Close your Sacred Space.

PRACTICE: Perineum Point Massage

Purpose

This partner massage practice will help you awaken the male G-Spot from the outside through the Perineum Point.

Description

Our first partner Pelvic Massage practice targets the Perineum Point but includes the surrounding tissues, muscles and ligaments. Remember the perineum is the soft fleshy area midway between rosetta and devamani.

This practice allows the receiver a chance to relax using sensual and pelvic massage to prepare for later entry. At the same time, the giver can get used to the position and dynamics.

You'll work the whole environs of the front and back pelvis before approaching the Perineum Point. Vajra massage is included because it's important for the receiver to be thoroughly aroused before stimulating his G-Spot. An engorged vajra helps his pelvis relax, soften and open deep so that he's more sensitive.

You can do this practice as a separate practice or as part of the Pelvic Healing practice that follows, or both.

We recommend at every step that the giver and the receiver use Orgasmic Breathing to insure both your inner energy channels are open and flowing. (If you missed this, read the Kundalini Energy Chapter of Awakening The Sacred Gate.)

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions.

Agree on any options you want to be open for or signals that you may need, like for example to stop stimulation before he ejaculates.

2. SENSUAL MASSAGE

Ritually undress the receiver, whispering endearments and compliments as you reveal each body part. On a massage table or position that is comfortable for both of you, give your beloved a soft slow sensuous massage, beginning with his back. Long and sensuously caress his whole body using Tantric touch with or without oil as he prefers. Be sure to use your communication skills to stay in touch.

3. PELVIC ENVIRONS ON HIS STOMACH

Before going inside, it's important to work the muscles around the pelvis to loosen them up.

Start with the receiver on his stomach so you can focus on his back first. Work his lower back, buttocks, sacrum, and thighs. Move up and down his outer thighs, backs of thighs, and inner thighs.

Massage deep and slow with lots of oil. Press hard with your thumbs and knuckles, plus squeeze the soft tissues with all your fingers as if kneading dough.

Sometimes press your palm, knuckles, or fingers deeper in one spot and make circles as if you were twirling a hula hoop. With your fingertips, apply pressure around the edges of the sacrum, the triangular bone at the top of the butt crease. Make circles around the edges and under the tip of the coccyx, the tailbone just below the sacrum. Wrap up with a couple of minutes of vigorous shaking of the butt cheeks.

4. PELVIC ENVIRONS ON HIS BACK

Ask the receiver to turn over onto his back. Here are two great step-by-step procedures for working the PC muscles and pelvic tissues developed by Marci Javril of...
<<http://www.vitalenergycenter.com>>.

Tracing A Diamond Under The Rocks

- Move vajra out of the way on his belly.
- Locate his sitting bones at the bottom of his butt cheeks, the ones that take the weight when he sits on a bicycle seat.
- Starting at his inner butt cheeks, hold your fingers in place and make firm yet sensitive small friction circles by moving only your wrist and hand.
- Massage all areas thoroughly with these stationery circling motions by walking your fingertips forward in small steps along his inner butt cheeks towards his perineum underneath his devamani (testicles).
- Using the same fingertip massage, circle outward around his devamani into the crease with his thighs, being careful to avoid the scrotum itself.
- Walk in towards past the base of vajra to the underside of his pubic bone above vajra.
- To complete the upper half of the diamond, walk your fingertips back in the same V-shaped path to his sitting bones.
- For the lower half of the diamond, trace from his sitbones toward his tailbone by walking your fingertips along the flesh near the rim of his anal opening,
- Continue the small stationery friction circles in steps along his butt crease and finally to his tailbone itself.
- Finally, walk back step by step to the sitbones. You have now TRACED A DIAMOND shape UNDERneath his scrotum ROCKS!

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Sliding Down The Two Rivers

- Start with your fingertips or the flat of your hands on the top front of his hipbone.
- Slide down and in diagonally toward the top base of vajra 3 or 4 inches. This is a continuous, gentle, sliding, sloping movement. You need to be careful of the nerve in here so your pressure shouldn't be too hard.
- Pick your hands up and repeat 10 times without causing pain. Always start from the hipbones and stroke downwards toward his groin to clear the lymph nodes.
- Then massage over the pubic bone by placing your fingers next to each other at his belly button and massaging downwards.
- Stroke and press over the top ridge of the pubic bone, slowly and firmly, feeling the contours and being sensitive to any discomfort.
- Follow the path towards the top vajra's base, tracing around the base towards the bottom, stopping before applying pressure to the devamani.
- Then massage back up again around vajra and back up over the pubic bone to the navel where you started.
- Repeat the pattern of strokes, moving downward, ring-around-the-cock, and upward at least 10 times.

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Both front and back, expect to work the pelvic muscles deeply because, in all likelihood, you'll encounter some stiff armored tissues. The receiver can facilitate loosening these tight areas through Orgasmic Breathing, visualizing the breath going into the tense areas and tension streaming out on the exhalation. It also helps to maintain the energy connection with the rest of the body by touching his chest, belly, or lower legs with a hand occasionally.

5. VAJRA MASSAGE

Ask your partner's permission to begin massaging vajra. Use whatever strokes and methods he prefers, following his guidance and reactions. Because prostate stimulation works better when a man is highly aroused, you may want to bring him to several peaks of pleasure to thoroughly fill his pleasure balloon. Just be sure that you follow his signal to stop before ejaculates. (If this is a challenge for either of you, we recommend you get a copy of Somraj's ebook [Ultimate Ejaculation Mastery](#).) If necessary, remind him to continue Orgasmic Breathing absorb the sensations throughout his body.

6. PERINEUM POINT

Again with permission, begin massaging his Perineum Point. You can start by stroking the skin lightly and then rubbing with a little pressure using oil. Explore to find the most pleasurable spot by asking for feedback. Experiment with different strokes, gradually increasing the pressure to discover what's most pleasurable.

Giver, here are some strokes you can use to work this area...

- Use your thumb, first finger, middle finger, fingerpads, or a combination.
- Make a fist and press with your knuckles.
- Tap with 3 fingertips simulating a vibrator.
- Vibrate with the pads on the front of your fingers or the flat of the back of fingers between the knuckles.
- Use one hand to vibrate as above while holding the sacrum or the belly with the other.
- You can also use a mechanical vibrator if you choose. Just be careful since it can unexpectedly put him past the point of no return before he's ready to ejaculate.

Press softly at first and then as hard as the receiver likes, relaxing the muscles and sending tremors deep within.

If the receiver is very armored, he may not feel much at first. So take your time as he tunes his nervous system, opens his inner channels, and brings consciousness to the area. If you run into any dense knots or hot spots, spend some extra time working them. Make a mental note to return there during the upcoming Pelvic Healing practice.

7. DUAL FOCUS

It's common for both giver and receiver to shift their attention away from vajra while working the prostate from the outside. If he likes, now return one hand to stimulating vajra. Alternate primary concentration between the Perineum Point and vajra. Then, coordinate your motions to stimulate both at the same time. Or he can self-pleasure vajra while the giver focuses on the Perineum Point. Some men need to practice absorbing these new sensations from more than one pleasure source. Others immediately find this dual focus incredibly exciting. If he wants to go for maximum pleasure, bring him to several blended peaks initially before going over the top.

8. CLOSE

When he decides to end your session, slow your movements down gradually. Connect his inner flute with one hand on vajra, one hand on his heart. Just let him feel his body, mind, emotions, and spirit. Talk about what was best, what was discovered, what he wants more of, what less. Close your Sacred Space with a Heart Salutation, bow, hug, kiss, or even verbal acknowledgment.

How To Do Pelvic Healing

Almost every man needs Pelvic Healing to eliminate the stored energy that keeps him tight, blocked, and armored. You'll do this initially from the outside, then by entering rosetta, and finally by massaging the prostate from the inside.

As before, this practice begins with relaxation: showering, talking, gentle touching, deep breathing, and sexual arousal. To assist, you'll activate the muscles from the lower back underneath to the belly button, including arousing the Perineum Point.

No matter how slowly, gently, and gradually you penetrate rosetta, it's still often initially unpleasant, especially if these delicate tissues have been traumatized in the past. The sphincters may spasm and contract involuntarily as the body recalls earlier unpleasantness. But it passes in a few moments if the giver remains still and the receiver breathes deeply.

Hot Spots

Pelvic Healing targets hot spots, which are burning, sore, tense, or numb places where the armoring of the tissues is most dense. Sometimes a hot spot is so compacted that it feels like a hard nodule under the skin.

The essence of the process starts when the receiver alerts the giver when a hot spot is contacted. The receiver's job is to relax as much as possible, breathe into the affected area, and visualize energy streaming away on the out breath. Making sounds like moans and growls, an integral part of Orgasmic Breathing, often helps tremendously to release stored pain and tension.

The giver assists by stopping, holding, and pressing into a hot spot until it's cleared up. In this way, a hot spot usually releases its trapped energy and relaxes within two to five minutes. Often, both giver and receiver feel heat discharging or an electrical current running through body.

Sometimes the initial discomfort and tension seep away gradually. Other times, the person strongly re-experiences the pain as the wounding is healed. Sometimes strange images flash and disturbing memories resurface causing dramatic outbursts and strong emotional release through tears, laughter, or screams. Powerful dreams may even be triggered for several nights later.

Roles

Our Yoni Healing Chapter provides detailed guidelines for the healing roles that apply as much to men receiving as women. Review them for the complete story. Here are a few that stand out specifically for male Pelvic Healing...

Giver Guidelines

- Make sure your nails are short, trimmed, rounded, and smooth. If have long ones and don't want to cut them, pad your nails with bandaids and wear gloves.
- Be sure you're comfortable with the whole idea of entering rosetta before you begin so you don't get revolted after starting.
- Follow hygiene precautions carefully. When you withdraw, be sure to fold gloves in on themselves immediately and discard them immediately.

Receiver Guidelines

- If you have a history of prostate inflammation or rectal problems, see your doctor first before embarking on this program.
- Don't eat rich or heavily spicy food just before healing just in case your GI tract gets unsettled.
- Besides showering thoroughly, use an anal douche to clean yourself out for extra cleanliness.
- Be explicit and continuously guide your partner before they can do something that's uncomfortable.
- Don't just empty your bowels before Pelvic Healing, empty your bladder, too. Like women, male G-Spot massage creates the same kind of pressure on the neck of the bladder. You may get the feeling it's full and that you need to pee when you really don't have to.

Do You Need Advanced Training?

Pelvic Healing can be intense for both giver and receiver. With courage, perseverance, and discipline following our instructions, you can work together to gradually reawaken armored tissues. Don't expect instant miracles from one session. The deeper the wounding, the slower you need to go and the more sessions you'll require.

Of course, just by reading our ebook we can't really serve as your practitioner and you can't expect to become a fully qualified Tantric healer. However, anything you do carefully and consciously can only help.

The guidelines and instructions that follow can be done by anyone with the right attitude and an acceptance of Tantra. Of course, sexual resistance can be complicated and deep-seated. Sometimes your individual dynamics get in the way of working together for your own healing and that of your partner. So we don't mean to imply that it's always easy for you to do on your own without advanced training.

Maybe Start With Professional Help

If this whole idea scares you, we suggest you join us first for hands-on training or visit a trained professional for your initial session. If you know you have a medical condition or experience strong physical pain or a violent reaction, stop and consult your physician before embarking on a healing program.

If you have trouble following the pelvic healing guidelines below or find your progress stalled, we urge you to get further training before you go forward. If you run into trouble during your initial sessions, we suggest you contact us and ask our advice before continuing.

That's why we make our initial telephone consultation, our Tantric SexAssess, available to you at a 75% discount. Lately, we've been experiencing great results through long-distance telephone coaching. For details, click here...

[<http://www.tantraattahoe.com/service/sexint.htm>](http://www.tantraattahoe.com/service/sexint.htm).

Of course, the best way to get advanced training is to register for our private Tantric Workshop. In several intensive days dedicated just for you, we'll teach, demonstrate, and guide you to skillfully break through to higher levels of ecstasy. For details, click here...

[<http://www.tantraattahoe.com/service/initiation.htm>](http://www.tantraattahoe.com/service/initiation.htm)

Sometimes Therapy Is Needed To Breakthrough

When old negative energies are released through sexual healing, the pursuit of pleasure through Tantric practice rapidly accelerates. Unfortunately, resistance is sometimes so strongly embedded that beginning is impossible or traumatic.

If either giver or receiver is unwilling to enter into yoni healing or you find the process hopelessly stuck, professional therapy may be indicated. This is especially true for those with traumatic histories. We urge you to contact us if either of you find yourselves in this predicament.

With graduate degrees and years of private practice in psychology and personal growth, we'd be the first to admit that in some cases do-it-yourself healing doesn't work for everyone. Sometimes, the scars of sexual wounding, trauma, and abuse go so deep that eroding them gradually through Tantric practice isn't practical or enjoyable.

Fortunately, Dhyana Jeffrey and Somraj are both trained and experienced in multiple psychological modalities and have tools that can quickly break you free from the grip of the past. That's the purpose of our Sexual Health Coaching. Review the following page of our website for more details...

<http://www.tantraattahoe.com/service/coaching.htm>.

PRACTICE: Pelvic Healing

Purpose

This partner healing practice will help a man de-armor his entire pelvic region through pelvic bodywork, rosetta opening, and G-Spot massage to free up the ultimate seat of male orgasm. Through this permanent relaxation, he'll be more able in the future to experience inner orgasm as women do through their Sacred Gate as well as flow Kundalini energy up and down his inner flute.

Description

While pleasure and orgasm are secondary to this healing practice, hopefully you can eventually learn to enjoy it. While you may not look forward to your first Pelvic Healing session, rest assured that it gets increasingly pleasurable with repeated practice.

Above all, don't put any pressure on yourself or each other. Tolerate as much as you can take without pushing yourself too far. Start out with the attitude that you're kids playing doctor and quit whenever you're not having fun.

Some men get an erection from prostate massage by itself. Others prefer vajra stimulation before contact with the prostate. The following directions assume the later, but feel free to vary the sequence based on the receiver's wants and needs.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions.

Agree on any options you want to be open for or signals that you may need, like for example to stop stimulation before he ejaculates.

Giver, offer a flower to rosetta or other gift to your beloved. Say something like "I offer this flower as a sign of devotion to your pleasure and my love of your true divine nature. My only intent is to be of service. I am deeply moved and honored to be invited within such a private and sacred place."

2. MASSAGE

Ritually undress the receiver, whispering endearments and compliments as you reveal each body part. On a massage table or position that is comfortable for both of you, give your beloved a soft slow sensuous massage starting on his back. Long and

sensuously caress his whole body using Tantric touch with or without oil as he prefers. Be sure to use your communication skills to stay in touch.

Repeat the bodywork around the pelvis you learned in the previous practice. Massage vajra to awaken his sexual juices. Don't forget to awaken the prostate through the Perineum Point before attempting entry. If you run into a hot spot, press and hold it while the receiver breathes deeply until it releases.

4. ENTRY

When you judge rosetta is ready for a visit, giver, ask something like "May I enter your dark cavern?" Wipe any oil off your hand and put on a glove. Douse any finger you may use with lots of water-based lubricant.

When ready, say "I'm going to circle around rosetta's opening" and do so slowly and gently with one fingerpad. If this is his first time or he's particularly anxious, start with your smallest finger. Assume an unhurried snail's pace.

It's best if he pushes onto your finger when he's ready. If rosetta is tight, receiver, contract your sphincter and relax with a deep breath several times. Giver, don't push hard or force anything. Just be patient and gradually your finger will be drawn in the depth of one fingernail.

If the sphincter contracts tightly or spasms, just be still, relax, and breath until it passes.

5. SPHINCTERS

Say "Can I go a wee bit deeper?" When you have permission, go in just a little more until your finger is inside the first ring of muscle a quarter of an inch (1 cm). Hold still, relax, and let the receiver adjust to the new sensation.

Warn the receiver with "I'm going to circle" and do so around inside the first sphincter stopping at the hours of the clock. (12:00 means up towards his vajra and belly, 6:00 means down towards his back.)

Giver, push away from the center against the muscle gently at first with your finger straight. Use a slow rhythm: rotate stop press, rotate stop press, etc. At each press, giver, ask and receiver report how it feels.

When this first sphincter allows gentle movement without strong resistance, move a little deeper in small steps, alerting the receiver each time. When you enter the second ring of muscle, warn the receiver and again work around the hours of the clock. This time curl your finger outward around the muscle pushing with the flat part of your finger, the pad not the nail.

6. DEEPER

Giver, follow the receiver's lead about continuing to stimulate vajra. He may want it continuously to assist his opening, or may want you to alternate at times.

If you need a longer finger to go deeper, carefully withdraw, lubricate, and slowly penetrate again. You've learned to explain before each step, haven't you?

Any time either of you feels it necessary, don't hesitate to add more lubricant or even withdraw slowly to reapply it. You can also encounter an urgent feeling of the receiver needing to empty his bladder or bowels. Often, because this is the response to these new internal pressures, it passes if he breathes and relaxes for a moment. If not, withdraw for a trip to the bathroom and, when he returns, re-enter with a new glove and fresh lube.

If you encounter strong resistance, you can use subtle vibration to loosen the sphincters so you can go deeper. PC pumps accompanied by deep breathing helps, too. You'll find deeper insertion easier as he relaxes his PC muscle.

When it's relaxed enough, insert your finger past the second sphincter, which is the entrance to the wider part of the rectum. At this point, the receiver may appreciate additional support or pressure on the outside of his sacrum.

Since it's more open here, you'll need to reach further as you circle the clock again. Assuming he's on his back, begin circling at 6 o'clock, feeling the lower parts of the spine from the inside. Locate the coccyx, or tailbone, and then a little deeper the sacrum, which enjoys a zigzag or side-to-side movement.

When you come back up to 12 o'clock, you can massage the perineum wall from inside and outside at the same time.

7. HOT SPOTS

If at any time you encounter a hot spot, giver, stop probing and hold with a steady pressure. Go just deep enough for your partner to feel soreness or numbness. Don't try to force old energy out of the tissue by pressing or squeezing as hard as you can.

Ask your beloved, "Describe the sensation. Breathe into it. Is any image, memory, or emotion coming up?"

Receiver, focus on the sensations and imagine your breath flooding them. Do your best to stay with your feelings while reporting to your beloved as it changes.

Giver, encourage your beloved to continue by saying things like, "Good job, continue" and "You're doing great."

Remember, be patient and let it be. Don't try to understand what comes up, analyze what's being released, solve the problem, or fix it in any way. Do your best to avoid distractions and interrupting the clearing process in the middle. Just let the energy discharge.

He may need to yell, scream, or make other loud sounds to encourage the energy to move. As it dissipates, the tissue may feel hot, even burning. While this continues, which may be two to five minutes until fully released, continue holding and breathing. You can tell when the hot spot is discharged because the sensations subside, the area feels lighter, and he feels really lighter afterwards.

Giver, you may want to explore the vicinity of the initial hot spot to clear out related sensitive areas.

8. PROSTATE

After you've explored and healed elsewhere in the rectum, it's time for prostate massage. Giver, with Shiva on his back, turn your hand palm facing toward vajra so your longest finger is at 12 o'clock. Curl your finger towards vajra from the inside massaging the rectal wall. If you can't reach with your longest finger, we recommend you purchase a Crystal Wand or other narrow curved toy to assist you.

Slowly, carefully, and gradually press deeper until you feel the firm round chestnut. It may seem hidden at first but as you dig deeper you'll feel the tougher muscular tissue of the gland. For most men, the feeling is quite unique. Receiver, let your partner know when they've found it by describing the strange new feeling.

At first contact, initially hold still. Then start exploring the edges, the muscles immediately around it, and the gland itself. The prostate may be hard and sore at first

but will release and soften dramatically with continued touch. Treat hot spots as you've already learned.

Massage its surface up and down with as much pressure as the receiver is comfortable with. You can also try side-to-side strokes, tapping, and vibrating. If he's loose enough to accommodate a second finger, you can apply pressure on both edges of the prostate simultaneously.

Encourage breathing, sounding, and gentle pelvic rocking to relax any tension and spread the energy released. As you massage any hot spots contacted, work closely together and stay in sync.

Receiver, continuous specific feedback about how different strokes feel at different places and precise guidance about what you're feeling and what you want to do next will accelerate the healing.

For your first session, 5 to 10 minutes on the prostate itself is probably enough. As you get more accustomed to this work, you can go longer and you'll enjoy it more and more.

Note to giver: be aware of your own level of comfort. Tension and tightness will be transferred and you will be distracted. Jeffre has found that some men have very tight rosettas. Although this can be healed the first few times, the giver may have the circulation cut off to the finger being inserted. This may shorten the session.

Of course, there's always next time. As armoring is diminished, the tightness also lessens.

9. PLEASURE FOCUS

Consider ending your healing session on a high note. Since pleasure is your ultimate aim, it's wonderful to fill the energy vacuum hot spots leave behind with good feelings. Of course, it's up to the receiver, based on his level of sexual excitement, tenderness, and tiredness. Giver, ask your beloved, "Would you like to shift our attention to pleasure in preparation for ending?"

If yes, bring vajra to higher and higher peaks. Encourage Orgasmic Breathing to cleanse his energy channels with Kundalini energy and spread the ecstasy throughout his body. Orgasm is a sweet way to seal the entire Pelvic Healing experience, but isn't necessary or essential.

He may prefer this pleasure focus without something inside rosetta. Either way, giver, when you sense your beloved is ready, warn him with "If it's OK with you, I'm going to withdraw my finger" and do so slowly. Receiver, just keep breathing and gradually push your partner's finger out naturally. Jeffre recommends that the giver not allow their finger to be expelled rapidly. Just hold a steady pressure and remove your finger at a steady rate.

To dispose of the glove, hold the edge furthest up your wrist and turn it inside-out over your hand, leaving the contaminated part folded up inside. You don't have to touch anything. Slip it into a plastic bag for the garbage. If you chosen to not use a glove as fluid-bonded partners often do, take a quick break to wash up and return.

9. CLOSING

To cool down, smoothly cover vajra with your hand, maintain eye contact, place your other hand on your beloved's heart and breathe together, visualizing energy circling between you.

Giver, cover with your partner with a sarong or blanket. If he desires, lie in each other's arms, spoon, hug, comfort, or cradle his body. Lie together in silence for a few moments savoring these new feelings, or sweetly share the experience while holding each other, as he prefers.

Discuss how he's feeling, what was most difficult, what was the best part, and what he's learned for next time. Because this process can be so intense, you he may want to talk about it now, or he may want to wait until he's ready. Honor his choice.

When you're ready to end, close with a Heart Salutation. If you choose, bathe together and be sure to drink lots of water. Receiver, expect to be unusually open and vulnerable for the next few hours or even days. Giver, do whatever you can to see that he takes it easy for a while.

An Actual Story Of A Healing Session

Many of the folks who seek our assistance and guidance are novices with Tantra. This is very wonderful and we love to initiate new folks to the wonders of Supreme Bliss Tantra. Every once in a while, trained Tantrikas want to go deeper and seek us out to do this work. This was the case with Steve (not his actual name).

We want to share his story because of the healing that took place and the orgasmic potential that was released. Jeffre tells the story as she was partnered with Steve.

Steve

"Steve had been studying Tantra for many years. He meditates regularly and has done a lot of psychological work on himself. Steve is in a fully satisfying relationship with another Tantrika. Both are seekers and sexual adventurers.

"On the second day of our time with them, we got to the portion which included, based on their desire, anal healing and pelvic massage.

"We created a Sacred Space and sat down to do the Partnering Questions. Steve admitted that he was nervous. No one except an M.D. had ever entered his anal area. Though he was open to the possibility, he had never found it all that pleasurable and had never had a prostate orgasm. But Steve trusted me and believed that the process could lead to greater healing and, thus, greater pleasure.

Honoring & Connecting

"We did a Heart Salutation.

"We began with a full body sensual massage to help Steve relax. It really helped get him into his body. Steve is in very good physical condition so we decided to proceed with him on his back. I like being able to look into the eyes of my partner and see as well as hear his feedback. Then I arranged pillows for him to lie in a reclining position. Using a backjack for my support, I sat between his legs.

"I placed my right hand over his heart and my left hand over his vajra. We gazed into each other's eyes. I told him how honored I was that he trusted me so much. He reciprocated with how much he trusted me.

Relaxing

"After asking for his permission, I rubbed his body with scented oil. I blew into his chakras and played a bit with his vajra. Our goal wasn't really to get him aroused, just to help him relax. Then I deeply massaged the muscles and tendons around his pelvis and jewels, especially where his legs meet his torso.

"When Steve told me he was ready, I put on gloves and began playing with the area around the rosetta. I stayed on the outside for awhile. He found it pleasant. Holding my finger steady at the entrance, I asked him if I could go further. He agreed.

"I very slowly entered Steve's rosetta, about 3/8 of an inch (one centimeter) at a time. He was very tight so I encouraged him to breathe into the tension. Even though I made sure I had plenty of lubricant on my finger, I had to slowly come out two times and re-lubricate.

Deeper

"With him breathing deeply and slowly, I carefully began to press around the sides of the anal canal and hold it for a short while. We stayed in close communication the whole time. Until I got to the end of the anal canal, he didn't report any discomfort.

"When I attempted to stretch my finger into the rectum, he noted there was some discomfort. We stayed there while he breathed into the hot spot. Only after some relaxation did I continue to press into all the areas I could reach. What seemed to be discomfort was the tightness of the most internal part of the anal canal. So each time I would try to reach to a new area, the canal was stretched in another direction. And he would breathe and relax the spot.

"I finally touched his prostate, Steve reported feeling pressure, but not much pleasure. I pressed various places on the prostate and then gently and, oh, so slowly, removed my finger from his rosetta. That was enough for one healing session.

Closing

"Steve admitted it was nothing like he had imagined. We both agreed, there was some opening and healing which had taken place. Obviously, more was needed. We did a Heart Salutation. Then, I closed the Sacred Space."

Don't miss the second installment of Steve's story later in this chapter where you can see how he really benefited.

11.7 Ecstatic Pleasure Section

"Our strongest resistance is the resistance to ecstasy because we sense that to succumb to it we must abandon all certainty, abandon what we have put so many years into constructing. We must abandon our philosophy of life, our beliefs, our ideas, even the concept of the void, even the concept of the absolute or of Shiva stand in the way of ecstasy." ----- Daniel Odier in Tantric

Quest

Soar In The O-Zone With The Goddess

Having learned rosetta penetration and prostate massage, you're nearing the culmination of this ecstatic journey. All you need now is to repeat Pelvic Healing until your armoring melts away. Then you refocus these same techniques for maximum pleasure. Your orgasms will naturally expand, strengthen, and deepen in intensity. By coupling vajra and G-Spot massage together, you'll experience the most fantastic blended orgasms imaginable.

In our earlier Ecstatic States Chapter, we studied...

- Single
- Multiple
- Extended

orgasms in some depth.

For a man to achieve multiple and extended orgasms, he needs to learn two things...

- 1) Overcome premature ejaculation so he doesn't explode and lose his energy too soon. The highest peaks require continued pumping of peak energy into his pleasure balloon. Somraj covers this learning process completely in his best-selling ebook, Ultimate Ejaculation Mastery. For more information, click here...
<<http://www.tantraattahoe.com/uem.htm>>.
- 2) Master Orgasmic Breathing so that he can channel his Kundalini energy throughout his entire body.

With these two skills, a man can soar to the O-Zone right in stride with the most ecstatic of Goddesses.

Male G-Spot Massage Techniques

Once you've cleared out all the hot spots inside and out and de-armored the pelvis, prostate massage becomes unusually exciting. The strokes we recommend are the same that we covered in depth in the Sacred Gate Massage Chapter for women...

- In-&-Out, or moving up and down on the prostate,
- Holding, or applying pressure,
- Circling, or zigzag and side to side, and
- Come Hither.

If you don't know the term, Come-Hither means crooking one or more fingers back towards your palm as if you were beckoning someone to come towards you.

By modifying your pressure and speed, you can create an amazing array of variations on the theme of these four basic strokes. Couple that with various forms of interruption and the options are virtually unlimited. You can interrupt your strokes by...

- Stopping, or hold still in the middle of a pattern,
- Vibrating, or moving your finger a short distance very rapidly,
- Tapping, or lifting up and coming down with some force,
- Milking, or rhythmic scooping, and
- Withdrawing, or pulling out suddenly.

Some combinations that are especially popular are vibrating your whole hand with prostate pressure, rotating, wiggling, and pulsing, and the windshield washer, zigzagging across the prostate from 11 to 1 o'clock.

Once rosetta penetration is fun for you, the ecstatic experimenting with all these combinations can last a lifetime.

Sex Toys

Your beloved's fingers may not be long enough. The position for continued prostate stimulation may be too demanding for extended periods. Fortunately, in its wisdom, the divine universe gave us lots more toys to play with. Some of which can add to your sexual pleasure immensely. Why not take advantage of them for new and exciting experiences.

Here are some of our suggestions and favorite tools...

Butt Plugs

The most basic of toys for rosetta penetration is the butt plug. There are all sorts. In contrast to a dildo, they're typically flared in the middle so once inserted past your sphincters, they stay in by themselves.

Flexible toys for insertion are safer, allowing less chance of hurting yourself. Be sure you get one made out of a seamless, non-porous material so it can be thoroughly and easily cleaned. Though your appetite may grow eventually in favor of larger visitors, we

prefer the slim ones that are one inch (2.5 cm) or less wide. To reach all the best places, they don't need to be very long either, 6 inches (15 cm) is more than enough.

Choose a shape that appeals to you. Somraj's current favorite has a handle like a pistol that rotates up to 90 degrees of the insertable part. You may prefer or abhor ones officially labeled "dildo." Yes, if you get one of those, you'll be putting a penis-shaped object inside rosetta.

You want one with a flared base, end, or handle. We've heard of too many embarrassing and painful ER visits from toys lost inside the deep dark recesses of the rectum. You don't want to join this crowd, believe us.

Once you get yours, wash it and check it carefully to be sure there are no rough surfaces, burrs, or protruding parts. Warm it, loosen yourself up, and apply lavish lube before testing it out.

There are many catalogs and websites where you can buy sex toys specifically designed for anal play. So unless it turns you on, you never have to visit your local adult store.

Vibrator

Many butt plugs and dildos have little vibrators inside. You want a battery powered one whose strength is adjustable. Be sure to try at least low and high before you use it. When you're ready for your first ride, insert it before you turn it on.

Crystal Wand

Our favorite all-purpose G-Spot stimulator is the Crystal Wand.

The Crystal Wand is a clear S-shaped plastic sex toy specially designed to easily reach and stimulate the male and female G-Spot. As you know, these two pleasure areas are normally difficult to reach and stimulate on your own.

The Crystal Wand is a sensuously curved 10 inch (25 cm) plastic crystal that's 7/8 inch (2 cm) diameter. Its hard Lucite construction provides firm stimulation and its S-shape allows a firm grip with maximum leverage.

A Crystal Wand is a valuable addition that allows the giver to reach deeper and apply the right pressure and vibration when and where it counts. Used with a partner, or by oneself, the Crystal Wand has a variety of uses and staying power. It comes with an instruction booklet and velvet carrying pouch.

The Crystal Wand is a beautiful erotic art piece on its own!

For more details and to order yours today, click here...

<http://www.tantraattahoe.com/product.htm>.

Aneros

The Aneros Stimulator is one of a kind. It's a medically researched, designed, and patented sex toy for simultaneous male prostate and perineum self-pleasuring.

The Aneros is approximately one inch (2.5 cm) in diameter and has an insertion length of approximately four inches (10 cm).

It's made of non-porous FDA approved material and can easily be cleaned with hot, soapy water. The Aneros is much easier and cleaner to use than a finger, and applies much more focused pressure than a dildo or vibrator.

This odd-shaped small plastic device has two wings and a handle. After its amazingly easy insertion, one of the small plastic wings presses against the prostate inside while the outside wing presses against the external Perineum Point.

The secret of the Aneros lies in the users pelvic muscles. Contraction of the anal sphincters automatically applies pressure to the male G-Spot, stimulating the prostate's neural plexus. In other words, stimulation is totally under your control hands-free.

Repeated exercise builds strength of anal sphincters and PC muscles so vital in the quality of male orgasm. Users of Aneros report...

- Increased vajra sensitivity which can restore lost erections.
- Improved strength, hardness, and longevity of erections.
- Greater orgasm intensity and with longer duration.
- Incredible dry orgasms which send cascades of pleasure waves throughout the body.

It's highly effective for doctor-recommended prostate massage to release congested fluid and inflammation.

For more details and to order yours today, click here...

<http://www.tantraattahoe.com/product.htm>.

PRACTICE: Male G-Spot Orgasm

Purpose

The purpose of this final male G-Spot practice is maximum pleasure from blended stimulation of vajra and the prostate gland. Using Tantric methods, stronger pleasure sensations, longer more powerful orgasms, and greater ecstasy are within easy grasp.

1. PREPARE WITH 5 TANTRIC S's

Supplies, Showering, Setting, Stretching, & Settling (see Section 6.6 for details).

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions.

Agree on any options you want to be open for or signals that you may need, like for example to stop stimulation before he ejaculates.

Giver, offer a flower to rosetta or other gift to your beloved. Say something like "I offer this flower as a sign of devotion to your pleasure and my love of your true divine nature. My only intent is to be of service. I am deeply moved and honored to be invited within such a private and sacred place."

2. WARM-UP

Ritually undress the receiver and give him a sensual massage. Repeat the bodywork around the pelvis you learned in the earlier practice. Awaken the prostate through the Perineum Point.

3. VAJRA MASSAGE

Ask your partner's permission to begin massaging vajra. Use whatever strokes and methods he prefers, following his guidance and reactions. Bring him to several peaks of pleasure to thoroughly fill his pleasure balloon. Just be sure that you follow his signal to stop before ejaculates. (If this is a challenge for either of you, we recommend you get a copy of Somraj's ebook Ultimate Ejaculation Mastery.) If necessary, remind him to continue Orgasmic Breathing absorb the sensations throughout his body.

4. ENTRY

When you judge rosetta is ready for a visit, giver, ask something like "May I enter your dark cavern?" Wipe any oil off one hand and put on a glove with lots of water-based lubricant. Penetrate rosetta with a finger or chosen sex toy. Slowly and sensuously

go deeper until you're past the two sphincters. While you're entering, maintain some occasional vajra stimulation with the other hand.

5. PROSTATE MESSAGE

Once he's relaxed and open, concentrate on massaging your beloved's prostate. Experiment with different strokes to discover what feels best in this moment. Remind him to continue Orgasmic Breathing until he's really high.

6. DUAL FOCUS

Alternate your attention and movements between the prostate and vajra. Then, coordinate your motions to stimulate both at the same time. Or he can self-pleasure vajra while the giver focuses on his G-Spot.

7. ORGASM

When he's ready, go for maximum pleasure. Bring him to several blended peaks and then back off, getting him to relax. Encourage him to spread the streaming sensations throughout his body. Fill his pleasure balloon to the max until he's nearly levitating. Then if he wants, take him over the top. To fully appreciate the power and splendor of this experience may take several practice sessions. It took Somraj a few months of fairly regular sessions to relax and open, but then, WOW!.

8. CLOSING

When he's had enough, remove your hand, clean up, smoothly cover vajra with one hand, maintain eye contact, cover his heart with your other hand, and breathe together, visualizing energy circling between you.

Giver, cover with your partner with a sarong or blanket. If he desires, lie in each other's arms, spoon, hug, comfort, or cradle his body. Lie together in silence for a few moments savoring these new feelings, or sweetly share the experience while holding each other, as he prefers.

Because this process can be so intense, you he may want to talk about it now, or he may want to wait until he's ready. Honor his choice.

When you're ready to end, close your Sacred Space with a Heart Salutation. If you choose, bathe together and be sure to drink lots of water.

Steve's Story Continued

"On the third day, we moved into the realm of pleasure and orgasm with a prostate massage session dedicated to multiple orgasms.

"After explaining the process, we again opened a Sacred Space and began the Partnering Questions. Steve stated that he wasn't as nervous as he had been the previous day. He mentioned that he was trusting me even more and actually looking forward to the process.

"Initially I danced sensuously for him. He began to get a hard-on right away. Then we released our aggressions and animalistic sides by playfully expressed growling sounds and fighting physically by pushing and pulling. We were laughing and having a wonderful time getting into that primitive space.

"After I rubbed his back, Steve turned over. I then held his vajra with one hand and his heart with the other one. With his permission I began to anoint his chakras with some exotic meditation oil. He still had a hard-on. I rubbed his chest, arms, and legs with oil.

Vajra

"I asked permission to approach vajra. He said yes immediately. I began stroking vajra with oil and Steve began to moan. I suggested he try Orgasmic Breathing, which he did. As he was getting more and more aroused, I asked permission to approach rosetta. When he said yes, I put a glove on my left hand and got into a comfortable position between his legs.

"I began playing with his rosetta after putting some water-based lubricant on my glove. Then I would stop and play with his vajra with my other hand. Only then did I ask him if I could enter rosetta. After hearing yes, I moved in only slightly. Holding that position, I stroked vajra. I kept alternating slight movement in rosetta with stroking of vajra. His vajra continued to be rock hard.

"Steve's breathing was very deep and very pleasurable. He had a big grin on his face when I lightly touched his prostate from the inside. I said I'd like to try some different types of strokes on his prostate. He agreed. I continued with the pattern of some stroking of vajra alternating with stroking the prostate. Steve was breathing and groaning and feeling more and more sensation.

Going For It

"When he was quite turned on, I began stroking his vajra and his prostate at the same time, his breathing got stronger and stronger and he got louder and louder. Then he had a huge prostate orgasm, his first. He screamed louder and louder and began vibrating all over. The blended orgasm went on for a long time. He just kept coming, not cuming (ejaculating), and coming. As long as he was clearly in ecstasy, I kept stroking vajra and his prostate.

"Finally, he began to quiet and his breathing slowly returned to normal. I slowed down to almost a stop. He opened his eyes with a broad grin on his lips. He said 'Oh my Goddess, that was beyond words.' When he'd completely relaxed, I removed my finger from rosetta and, after removing the glove and washing with a hand sanitizer, then I put one hand on vajra and one on his heart. We gazed into each other's eyes and felt the Kundalini energy running between us.

Closing

"We gave each other feedback about our experience. He admitted to the most ecstatic orgasm of his life. I admitted to being totally honored to facilitate his virgin prostate orgasm.

"We both knew he would never be the same.

"We gave each other a Heart Salutation and closed our Sacred Space.

"His partner was ecstatic and could hardly wait until they could practice together."

Steve's body learned that the male prostate is truly the gateway to higher ecstasy, new orgasms, and deeper connection with spirit and his beloved.

11.8 Closing Section

The dark recesses of a man's hidden grotto are the doorway to vast storehouses of energy and incredible orgasmic peaks. You just need the information, courage, and skill to explore.

We've addressed the most common concerns about anal play and then thoroughly reviewed male sexual anatomy. Knowing the lay of the land, we guided you to find the most comfortable positions, loosen the tissues around the pelvis, and massage the prostate through the Perineum Point.

With repeated Pelvic Healing to release armoring, any man who chooses can open to the power and beauty locked away in his Sacred Gate. Through Tantric prostate massage, you can experience intense implosions, Tantric energy orgasms, and soaring ecstasy.

A brave Shiva who allows himself to be penetrated and open to the joys of blended orgasm not only enjoys himself immensely, but learns the empathy to understand how Shakti wants to be made love to. Not only does Supreme Bliss await you, Shiva, but your Shakti as well.

Chapter 12: Conclusion

"Dancing is not rising to your feet painlessly like a whirl of dust blown about by the wind. Dancing is when you rise above both worlds, tearing your heart to pieces and giving up your soul." ----- Rumi

12.1 Opening Section

Purposes

The purposes of this chapter are to...

- Advise you about how to get the most out of this sacred sexual training program.
- Provide you with all the additional resources you need for further practice and study.
- Define all Tantric and sexual terms in one place.
- Suggest additional ways to expand your sexual ecstasy and Supreme Bliss.

Contents

Here's what you'll find in this Conclusion Chapter...

- An Erotic Story: A Night To Remember -- Your Graduation Ceremony
- Get The Most Out Of This Program
- Decades Of HomePlay Ahead
- Get Into Heaven By Playing, Not Working, Hard
- Where To Go From Here
- Other Sacred Sex Ebooks
- Reference Books For Further Study
- Tantric Practice Music
- Glossary Of Terms

A Night To Remember, Your Graduation Ceremony

We sincerely hope your Sacred Gate graduation ceremony will go something like this...

"As she spread her long legs before me, my heart released a gasp like one that escapes when suddenly viewing a blazing sunset. I sat cross-legged between her knees like a newly ordained monk worshipping his deity. As I looked upon her beautiful flower, nearly striped of pubic hair leaves, I truly did worship her yoni. Bowing before her jade garden, as the Chinese reverently call it, was no empty gesture for me. My heart was bursting with love that she would let me in. Almost more than my vajra was throbbing.

"As I lovingly stroked her inner thighs, I wondered how long it had been since I first craved sharing this pleasure with her. But then I reminded myself, this exotic beauty is a Tantric Goddess. A true manifestation of pure female energy, what Tantrikas call Shakti, the supreme male god's consort. Not only will she know if I'm not present and maybe interpret that as less than devotion, but maybe I'll miss the joy of each and every moment.

"I opened all my senses and returned fully to the present as I began kissing her from neck to toe and back again. The sweet musk from her yoni made my head swoon. How I wanted to dive in, tongue first.

"While I continued what was obviously working, the Goddess squealed with languorous pleasure, egging on my devotions of worship. Her writhing and moaning with delight sent shivers down my spine, releasing electrical bursts of Kundalini energy everywhere. In true Tantric fashion, I totally relaxed to let the waves wash through me

and rested my cheek on her belly, murmuring 'I love you, Shakti.' She cradled my head and wrapped her legs around my back, convincing me that the womb of mother earth was enveloping me.

"As further reward she softly whispered 'And for your sweet and gentle loving, Shiva, I will be eternally grateful with my undying love.' Shiva, you may know, is one of the primary Hindu gods that Tantrikas borrowed to represent the supreme male consciousness, who by merging spiritually and sexually with Shakti created the universe.

"My fascination with my own vajra forgotten, at that moment I was complete. I would've done anything for her joy without end. Basking in the surge of orgasmic energy pulsing from her quickly moistening yoni was more than enough. It was as if my body was on fire from the inside. And as yet neither vajra or yoni had been touched, at least not physically.

"In perfect synchronicity, she asked demurely, 'Would Shiva honor yoni with his sacred kiss?' Blessed by the Goddess, turned on by the exotic Shakti, bolts of lightning shot up and down throughout my body as I paused to savor the excitement.

"I would be blessed, Goddess, to taste your sweet nectar and give you endless pleasure. But I warn you, you'll have to stop me when you feel complete, Otherwise, I'll want to go only tasting you all day and all night.'

"My soft kisses on her sides and belly tantalized us both as I circled her yoni up and down her inner thighs. My lips brushed yoni's as I crossed from right to left thigh and back again, breathing deeply of her, oh, so sweet feminine aroma. As I kissed her outer lips directly, her hips started swaying, dancing with my rhythm. I sucked on her lips lightly, letting my tongue circle her clio slowly. As I licked closer and closer, I could tell as her arousal grew. Not only did her yoni tissues redden, but I could feel the heat from the blood engorging them.

"Her wetness made my nervous system pulse as if I just had an orgasm. Swept away by the insatiable urge to taste her juices, my tongue slowly swept her yoni from top to bottom, not entering or lingering for long on clio. Her little cries incited me to speed up and press harder, but I held back and continued without change. It didn't take a rocket scientist to tell how much her excitement deepened as she became louder, wetter, and wilder in her movements.

"I was intoxicated, drunk on yoni juice, lapping up the honey and wanting it to last forever. Suddenly she grabbed my head and forced my mouth down hard on clio. My tongue responded with little flicks, alternating with an occasional harder swipe. In true Tantric fashion, instead of pushing to come, she suddenly became still at a peak of pleasure, letting the waves of ecstasy roll through her. As she savored her peak, I kept my mouth around clio without moving my tongue, and felt little spasms of her sexual muscles. We just hovered, sharing the pleasure for an endless moment, feeling still and electric at the same time.

"Again and again we replayed this scenario, as if adding more and more fuel to an already red hot fire. It seemed as if each peak, dangling on the edge of an explosive orgasm, was higher and higher. Our joined nervous systems were absorbing and containing more and more sexual energy. Were these orgasms? Yes and no. They weren't explosions in the classic sense of releasing energy. They were plateaus of pleasure far surpassing the few second contraction of the typical climax.

"All at once the message struck me clear as day that she wanted something deeper. 'May I enter your secret garden and pleasure your Sacred Gate, Shakti?' There was little doubt in her response as she gutturally responded 'please, Please, PLEASE NOW!!!' and thrust her hips open so wide that her yoni lips parted, beckoning me within.

"My already drenched fingers needed no store-bought lubricant as I caressed her opening with one fingertip. Making circles slowly, I entered deeper and deeper, carefully avoiding her G-Spot at first. Ever so slowly, my finger slid in and out bathed with her glorious wetness. As I inserted a second one, her gyrations seemed to force her Sacred Gate down on my fingers. Instead of giving in to her magnetic attraction, I parted my fingers, gently massaging the gutters on the sides of her sacred spot.

"Surprising her slightly, I slowed my hand movements and began licking the sides of her clio. New waves of heat erupted from within her and surged through me, as if my whole body from head to toe tingled with static. I toyed with her clio, rocking her deep inside, without any regular pattern until her hip thrusts and breathing became wilder and wilder. Time after time I slowed as she was about to burst, letting her settle into relishing the powerful forces at loose between us. Each time I resumed, my fingers inside her yoni became a little more active.

"Finally, as she was relaxing into a plateau with spasms that racked her inches off the bed, I pressed hard on her Sacred Gate and withdrew my fingers suddenly. As I saw the convulsions ripple through her yoni, she screamed 'More.' I thrust my fingers in once again, vibrated against her G-Spot, as I sucked strongly on her clio.

"Suddenly, she bucked like a wild bronco levitating a foot off the bed. My fingers were ejected from of her yoni as I felt a hot tidal wave start deep within, vibrating everywhere. At first I thought the energy had singed my facial hair until I realized she was erupting with gush after gush of warm sweet ambrosia into my mouth and all over my face. As I lapped up the Goddess's precious amrita, I bucked wildly, quivering everywhere inside from a powerful dry orgasm.

"As we lay wetly in each other arms vibrating inside and exchanging aftershocks, we whispered how wonderful we both felt about our powerful connection. Supreme Bliss like this is only shared with total acceptance of each other, without expectation, without goal, without need or demand. Simple worship of the divine forces within.

"When we were able to sit, we exchanged a namasté, murmuring the 'God/Goddess within me salutes the God/Goddess within you.' In that everlasting moment, never had any two mortals been more aware of their divine nature."

12.2 Advice Section

Get The Most Out Of This Program

If you've read all the way here, congratulations! We applaud your dedication to your sexual growth.

While we're on the subject, we're wondering "How much have you practiced?"

So we guess you know what we're going to say now. Tantra is a practice. Understanding is great but won't change your inhibitions, energy channels, or sex life much. To transform your sacred sexuality, you need to...

- Explore your body to discover new erogenous zones and long dormant sensations,
- Experiment with Sacred Gate massage for yourself and then with a partner, and
- Repeat many of these practices to get your Kundalini flowing and cleanse your tissues of any armoring hanging around.

Not to mention all the other things we've urged you to try out.

Which is why we've gone to the trouble of creating detailed step-by-step instructions for you to put these concepts into action. By way of summary, let us simply say...

DO IT!

Decades Of HomePlay Ahead

If you have been practicing some all the way through Awakening Your Sacred Gate, that's fantastic. We know there's lots to do. If you're driven to do every practice we've included, you could drive yourself crazy and burn out. So we want to leave you with some advice about how to manage your training regimen.

Use the Tantric approach of taking it easy and trusting your intuition. Treat each chapter as a buffet. Taste the dishes you're drawn to. Eat more of what you like and leave the rest for later.

How many years has it taken for you to develop the sexual patterns that define your sex life? 10, 25, 50?

Undoubtedly you've played, enjoyed, and learned. And recognized that there's more to know, to experience, to give, to receive.

Please don't expect instant transformation. Don't push for overnight mastery of everything. Don't compare your skill or progress to Tantric adepts who've been practicing for decades.

However long you've been at it, we firmly believe it's worth it to take your time. Plan months, a year, maybe several years to experiment with yonis, prostates, clios, vajras, Sacred Gates, and all their cousins. Better yet, adopt sexual exploration and personal discovery as a continuing way of life.

Though we've been developing ourselves Tantrically for nearly a decade now, this is the path we've dedicated our lives to. Far from over, we continue to enter new stages of growth and learning.

We hope reading Awakening Your Sacred Gate has inspired you to make sacred sexuality, Tantric practice, and raising consciousness an integral part of your life.

Supreme Bliss is a journey, not a destination.

Get Into Heaven By Playing, Not Working, Hard

Human sexuality is adult play in the highest sense. We call it *leila*, the Sanskrit term for divine play, a gift of the gods.

You can become a skilled technician by practicing all you've read here about anatomy, strokes, and positions. Just humor us before you decide that makes you one of the world's greatest lovers, and ask any woman if that's enough.

Supreme Bliss requires more than the physical.

This is the incredible promise of Tantra. Not just doing sex, but talking about it. Turning getting off into sacred ritual. Deepening intimacy by connecting all your chakras. Making love to raise awareness. Using Kundalini to cleanse your emotions. Ultimately, merging spirit with sex.

Tantra offers an unlimited variety of ways to play with your body, mind, and soul. Embrace the dynamics we've shared here and enjoy sex way past middle age into your 80s, 90s, and beyond. We just can't imagine ever being bored again.

Because there is no right way, you can't get it wrong. Drop your expectations of how your lovemaking will unfold. Don't make true love, orgasms, or ejaculations into a goal.

Learn to appreciate your natural instincts that began with playful spontaneity, childlike innocence, and unbridled curiosity. Glory in your love of thrills, insatiable appetite, and passion for living.

Simply seek pleasure and let whatever the universe offers be more than enough. Show gratitude for every little gift and welcome the flood of wondrous things that you're given.

Make your spiritual practice the four cornerstones of Supreme Bliss: breath, sound, movement, and presence. Use Kundalini as the healing force to clear blocks, release resistance, and melt armoring.

Let your orgasms come to you and surrender to the ecstasy waiting to be unleashed. Goddesses, let your waters flow and revel in the certainty that all your qualities are divine. Shivas, welcome your Shakti's divine shower as you learn to bask in the light side of the force, letting Kundalini wash through you endlessly.

Focus on the subtle sensations vibrating inside. Get out of your own way and let your sexual orgasmic energy flow. Watch as your pleasure balloon fills so full you drift away on a cloud of ecstasy into the perpetual O-Zone.

Remember above all else, nothing is more important than that you feel good.

You deserve it. You don't have to earn it, you just have to let it in.

Pleasure is your birthright.

Ecstasy is your native state.

Supreme Bliss is heaven on earth.

Where To Go From Here

As you begin to absorb these Tantric truths and sacred sexual practices into your life, shift happens. We trust that all change is ultimately good, though sometimes it doesn't feel like it when it's surging through you.

So we want to leave you with some guidance about what to do.

For new information, juicy practices, and frequent reminders, register for our FREE "Sacred Sexual Secrets" newsletter at...

<http://www.tantraattahoe.com/reg/newspop.htm>.

If strong emotions erupt, slow down, breathe, and let them run their course if you can. If you're too uncomfortable, a therapist trained in dealing with sexual healing can ease your journey. We've been successful in doing this by telephone. If you need someone to talk to, need some advice, or need some help, take a look at our Coaching services at...

<http://www.tantraattahoe.com/service/coaching.htm>.

If you're not sure what you need and want a quick assessment of your options, register for our Tantric SexAssess that we offer to readers at 75% discount. Click here for details and registration...

<http://www.tantraattahoe.com/service/sexint.htm>.

If you've decided that Tantra is exactly what you or your relationship needs and you want the fastest possible transformation, register for your private Tantric Workshop with us at...

<http://www.tantraattahoe.com/service/initiation.htm>.

If you're interested in integrating Tantric Sex into your life but aren't ready for the fastest possible transformation, take a look at our four-session teleseminar, **Charge Your Spirit With Passion**, at...

<http://www.tantraattahoe.com/services.htm#CSP>.

12.3 Other Sacred Sex Ebooks

You've undoubtedly read about how our other ebooks can help you. We've summarized the information here in one place so you can locate further details and easily get your personal copy...

Make Love For Hours With Unlimited Sexual Stamina

Ultimate Ejaculation Mastery: The Ecstatic Tantric Solution To Premature Ejaculation by Somraj Pokras

Learn to prevent premature ejaculation forever naturally with our best-selling ebook for men and their lovers, Ultimate Ejaculation Mastery. It offers powerful practices, explicit sex tips, and proven advice that explain the ultimate Tantric approach to making love for as long as your partner wants, while you experience more ecstasy than you ever imagined possible. Did we mention that it comes with a 100% Satisfaction Money-Back Guarantee? Click here for details...

<<http://www.tantraattahoe.com/uem.htm>>

Rekindle The Fire In Your Relationship & Make Sex Sizzle

Intimacy, A Green Light For Red Hot Sex And A Lifetime Of Loving By Dr. Jeffre TallTrees and Orv. Fry

The fuel for an enduring, sexy, passionate, love affair is an ever-growing depth of intimacy, which opens the door to an ever-evolving red hot sex life. Dhyan Jeffre's sizzling new playbook will give you the love making tools, hot sex tips, and sex education to make your sexual health relationship hotter than ever. Click here for details...

<<http://www.tantraattahoe.com/int.htm>>

New Ebooks We're Actively Working On

We're in the midst of working on additional ebooks which soon will be a complete series on sacred sexuality and Tantric practice. They are...

- Tantric Oral Sex
- The Dance Of Love: Kama Sutra Tantra Lovemaking
- A Beginners Guide To Supreme Bliss Tantra & Sacred Sexuality
- 101 Ways Of Making Love Without Intercourse

If you've registered for our FREE "Sacred Sexual Secrets" newsletter, you'll hear about how we're progressing on our writing projects. If you haven't, register here...

<<http://www.tantraattahoe.com/reg/newspop.htm>>.

If you want to be notified immediately when any one of these is available, let us know by email here...

<<http://www.tantraattahoe.com/connect/emailform.htm>>.

12.4 Products We Recommend To Enhance Your Sexual Pleasure

For details and ordering the following products, please click here...

<<http://www.tantraattahoe.com/product.htm>>.

Crystal Wand

Our favorite sex toy for female and male Sacred Gate massage is the Crystal Wand. It's a sensuously curved "S" shaped bar of clear plastic that's easy to hold and manipulate while you insert the other end. The Crystal Wand was specifically designed to easily stimulate your own or another's G-Spot, allowing deeper reach and the right pressure and vibration when and where it counts.

Aneros

The Aneros Stimulator is a one of its kind plastic sex toy for ecstatic male G-Spot and prostate self-play. Men using Aneros report increased erectile strength and sensitivity,

greater orgasm intensity and duration, and intense cascades of pleasure throughout the body. Any man wanting to experience multiple orgasms will want one.

KegelMaster

The KegelMaster 2000 is an FDA-approved exerciser specifically design to help women build strong healthy sexual muscles. It's made of medical-grade plastic and surgical stainless steel, applying resistance against vaginal muscles as they contract through their full range of motion. You'll notice the difference after the first use!

Luv Linens & Luv Liners

These are super-absorbent, waterproof pads designed to keep your lovemaking space clean and dry during sex. Luv Liners are soft and disposable while Luv Linens are washable and reusable. And they're really inexpensive. Luv Liners and Luv Linens provide protection and peace of mind for love's most slippery moments so you can enjoy the wettest sex ever and let your love flow without hesitation.

12.5 Reference Books For Further Study

Anne Hooper's Kama Sutra by Anne Hooper, DK Publishing, New York, 1994

This beautifully done hardback brings the ancient masterpiece of erotic literature up to date with more than 100 graphic color photographs that clearly demonstrate the classic lovemaking positions.

The Art Of Female Ejaculation by Lisa Lawless, Holistic Wisdom, Longmont, Colorado, 2002

This short, conversational how-to guide shows how any woman can achieve the best orgasms through female ejaculation.

The Art Of Sexual Ecstasy: The Path Of Sacred Sexuality For Western Lovers by Margo Anand, Jeremy P. Tarcher, Los Angeles, 1989

What can we say, this is our teacher's book that started us on the ecstatic Tantric path. It's the most comprehensive practical system replete with exercises and practices that you'll want to pour over and do again and again.

The Art Of Sexual Magic: Cultivating Sexual Energy To Transform Your Life by Margo Anand, Jeremy P. Tarcher, Los Angeles, 1995

An advanced course in erotic enchantment and the magic of extended orgasm which takes the power of sexuality beyond mere lovemaking by showing readers how to generate intense sexual energy and use it as fuel for realizing personal and spiritual goals.

The Bedside Kama Sutra: 23 Positions For Pleasure and Passion by Linda Sonntag, Fair Winds, Gloucester, Massachusetts, 2001

Though this erotic and colorfully illustrated softback shares little with the true text of the Kama Sutra, it does a great job of portraying some exciting sexual positions and how to get into them. You'll need the step-by-step instructions as some of them are pretty contorted for the average lover.

The Complete Idiots Guide To The Kama Sutra Johanna Wikoff, Ph.D. & Deborah S. Romaine, Alpha Books, Indianapolis, Indiana, 2000

Enlightening, easy to follow, interpretations of the world's best-known love manual, including sensual suggestions to enhance your erotic experiences and expert guidance on pleasing yourself and your partner.

The Complete Idiots Guide To Tantric Sex by Dr. Judy Kuriansky, Alpha Books, Indianapolis, Indiana, 2002

An uninhibited introduction to the sacred beliefs of Tantra to help you achieve greater levels of intimacy both in and out of bed including exciting suggestions for expressing sexual needs, unleashing sexual power, and practicing Tantric Sex with or without a partner.

The Complete Kama Sutra translated by Alain Danielou, Park Street Press, Rochester, Vermont, 1994

The first unabridged modern translation of the classic Indian text by the foremost living interpreter of Hinduism containing the exact text along with commentaries and discussion.

The Complete Manual Of Sexual Positions: A Sensual Guide To Lovemaking by Jessica Stewart, Sexual Enrichment Series, Chatsworth, California

A little manual packed with details and little diagrams and photos depicting over 170 sexual positions, medical diagrams, sensual foreplay, and oral lovemaking techniques.

Continuous Orgasms by Rick Brown, Glendora, California, 2001

This how-to manual opens a new dimension of sexual pleasure to all women. Their partners may learn volumes about satisfying women. In no-nonsense language, Brown clearly describes the location of the elusive G-Spot and the step-by-step manner in which to seek it. His book includes the untold secret of WHEN to search for it and sure-fire stimulation techniques that transform normal sexual encounters into Continuous Orgasms with climaxes that repeat every 30 - 45 seconds.

Divine Sex: The Tantric & Taoist Arts Of Conscious Loving by Caroline Aldred, Harper, San Francisco, 1996

A short beautiful glossy illustrated paperback which summarizes the sacred approach to lovemaking.

The Encyclopedia Of Sacred Sexuality: From Aphrodisiacs and Ecstasy to Yoni Workshop and Zap-lam Yoga by Rufus C. Camphausen, Inner Traditions, Rochester, Vermont 1999

The complete illustrated cross-referenced explanation of terms and concept encompassing all eras and cultures of human sexuality. It contains the most recent scientific knowledge, quotations, and internet resources.

ESO: How You And Your Lover Can Give Each Other Hours Of Extended Sexual Orgasm by Alan P. Brauer, M.D., and Donna J. Brauer, Warner Books, New York, 1983

This is a short ground-breaking book with a workable method to separate ejaculation from orgasm and extend loveplay which really makes clear how much sexual potential the average lover never activates. Though somewhat clinical and non-spiritual as you'd expect from a physician, it gives physical exercises to make both men and women's orgasms reach inconceivable new heights and go on forever.

The Ethical Slut : A Guide to Infinite Sexual Possibilities by Dossie Easton & Catherine A. Liszt, Greenery Press, San Francisco, 1997

Achieving sexual abundance with style. Beyond the often unrealistic ideal of lifetime monogamy lies an uncharted jungle of delightful options -- friendly sex, casual sex, group sex and more. In this ground breaking volume, therapist Dossie Easton and sex educator/author Catherine A. Liszt provide a road map for exploring the sometimes

difficult, often rewarding territory of non-traditional relationships. Warm, informative details about how to get your needs met, manage your jealousy, make agreements that work for all concerned, talk to your friends and relatives, and build a life full of all the sex and love you want.

Female Ejaculation & The G-Spot by Deborah Sundahl Hunter House, Berkeley, California, 2003

An open and down-to-earth discussion of the latest research findings on the female prostate, along with detailed exercise instructions for women to follow to find their G-Spot and stimulate it to ejaculation.

For Each Other: Sharing Sexual Intimacy by Lonnie Barbach, Ph.D., Signet, New York, 1982

New discoveries on how to improve your sex life from the early 80s. A complete program for dealing with the complex aspects of a physical and psychological relationship that affect sexual satisfaction. But still one of the best books about female sexuality.

For Yourself: The Fulfillment Of Female Sexuality by Lonnie Barbach, Ph.D., Signet, New York, 1976

This breakthrough little volume explores how any woman can become sexually satisfied with her partner by educating women into the wisdom of her own body in a step by step program of self-discovery.

For Women Only: A Revolutionary Guide to Reclaiming Your Sex Life by Jennifer Berman & Laura Berman with Elisabeth Bumiller, Henry Holt, New York, 2001

The national bestseller about achieving sexual satisfaction-the book that is fast becoming an essential reference for women throughout the country. *For Women Only* is the antidote to what women have been told for years, that their sexual problems are all in their heads. Dr. Jennifer Berman, one of the few female urologists in the United States, and her sister, Dr. Laura Berman, a sex therapist, wrote this comprehensive handbook to help the whole woman by examining all facets of women's sexual health, to arm them with the information they need about their bodies and sexual responses, and to provide them with the full spectrum of options for treatment. This is a book to take to a doctor, to give to a partner, and to share with other women.

Freeing The Female Orgasm: Awakening The Goddess by Charles & Caroline Muir, Hawaii Goddess, Maui, Hawaii, 1993

A graphic and tasteful audiotape program and booklet that provides essential information about a hands-on method to clear the emotional and energetic scars which block women's sexual pleasure.

The Good Vibrations Guide: The G-Spot by Cathy Winks, Down There Press, San Francisco, 1998

A short little paperback with all the pertinent information you need to begin G-Spot exploration. It contains eye-opening anatomy lesson and a no-nonsense debunking of the common myths surrounding female ejaculation.

Guide To G-Spot Orgasm & Female Ejaculation by Mark Simon, GreatLovers.com, 2000

A helpful how-to ebook for men about finding and pleasuring the female G-Spot. Though some comments are interesting, too much of it is comprised of dozens and dozens of pages of survey responses from women.

The G-Spot And other Discoveries About Human Sexuality by Alice Kahn Ladas, Beverly Whipple, & John D. Perry, Dell, New York, 1982

The ground-breaking book that rediscovered the secret orgasmic trigger inside the yoni, including history, anatomy, and methods to excite the female prostate and produce female ejaculation.

Healing Love Through The Tao: Cultivating Female Sexual Energy by Mantak Chia and Maneewan Chia, Healing Tao Books, Huntington, New York, 1986

The Taoist approach to female sexuality based on Chinese medicine focusing on cultivating healthy sexual energy using breath and visualization.

How To Make Love All Night (and Drive A Woman Wild): Male Multiple Orgasm And Other Secrets For Prolonged Lovemaking by Barbara Keesling, Ph.D., Harper Perennial, New York, 1994

A short pragmatic paperback by a female psychologist who explains exactly how she teaches clients to do what her title promises.

The Human Female Prostate: From Vestigial Skene's Paraurethral Glands & Ducts To Woman's Functional Prostate by Milan Ziviacic, Slovak Academic Press, Bratislava, Slovakia, 1999

An amazing and thorough scientific description and analysis of the human female prostate, complete with multiple illustrations, case studies, and medical conditions.

The Illustrated Kama Sutra, Ananga-Ranga, and Perfumed Garden -- The Classic Eastern Love Texts by Sir Richard Burton (Translator), Charles Fowkes (Introduction), F. F. Arbutnot, Park Street Press, Rochester, Vermont, 1991

Sexual frankness without a hint of guilt or prurience is the great legacy which the Eastern, and in particular Indian, traditions have given us. As an expression of human culture, and as a pillow book for the modern boudoir, the Kama Sutra of Vatsyayana the most famous work on sex ever written the Ananga-Ranga of Kalyana Malla, and Sheikh Nefzai's Perfumed Garden, set forth the principles of sensual pleasure with poetry, wisdom, and humor, celebrating love as an ecstatic expression of life's beauty. These erotic treatises are not sex manuals in the modern sense of clinical collections of coital postures but a broader and more humane exploration of Eastern sexual customs. What makes this a favorite of all the Kama Sutra titles are the unabashedly erotic texts and color illustrations from India.

Intimacy, A Green Light For Red Hot Sex And A Lifetime Of Loving by Dr. Jeffrey TallTrees & Orv. Fry, Blue Dolphin, Grass Valley, California, 2001

Rekindle the fire in your relationship and make sex sizzle. The fuel for an enduring, sexy, passionate, love affair is an ever-growing depth of intimacy, which opens the door to an ever-evolving red hot sex life. This exciting new playbook will give you the love making tools, hot sex tips, and sex education to make your sexual health relationship hotter than ever.

The Love Keys: The Art Of Ecstatic Sex by Diana Richardson, Harper Collins - UK, 1999

This may be my favorite Tantric book of all time. It's a perfect blend of the Tantric weaving of heart, spirit, lust, ritual, and practicality. Diana is quite opinionated about many unique practices which all bear experimentation.

The Magic Of Sex: The Book That Really Tells Men About Women & Women About Men by Miriam Stoppard, M.D., Dorling Kindersley, New York, 1991

A simple, colorful, practical guide to exploring the magic that sex can create with unique his and her viewpoints, questionnaires, and clear guidelines for dealing with common sexual problems.

The New You Of Sex: A Gourmet Guide To Lovemaking For the Nineties by Alex Comfort, M.D., Bantam Books, New York, 1992

This is the top scientific book by one of the leading sex therapists about male sexuality complete with frank discussion of all benefits and problems, including many practical exercises.

The New Male Sexuality: The Truth About Men, Sex, And Pleasure by Bernie Zilbergeld, Ph.D., Pocket Books, New York, 1991

A classy, well-illustrated, witty, wise, uninhibited, almost poetic new edition of the 1972 best seller that celebrated sex and love in all forms and, though sometimes bordering on the clinical, still stimulates heated discussion and hotter practices.

The One Hour Orgasm: The Ultimate Guide To Totally Satisfying Any Man Or Woman Every Time! by Dr. Bob Schwartz, Ph.D. and Leah Schwartz, Breakthrough Publishing, Houston, 1995

This book contains great exercises to deliver on its flagrant promise. It's based on 25 years of research by More University which teaches sensuality and erotic practice, focused primarily on how to satisfy women.

Prostate Health In 90 Days without drugs or surgery by Larry Clapp, Hay House, Carlsbad, California, 1997

This powerful self-help book teaches you how to stop prostate trouble in its tracks; understand what causes cancer; reverse the cancer-causing effects; cleanse and strengthen vital organs; enhance your sex life, and virtually eliminate your chance for disease. Dr. Larry Clapp was diagnosed with prostate cancer in 1990. Given the limited options of surgery and radiation, he began intensive research into self-healing alternatives and developed a treatment for prostate cancer, which he successfully used to cure himself.

Sacred Sex: Ecstatic Techniques for Empowering Relationships by Jwala (Kathleen Bingham), Inner Juice Productions, San Francisco, 1993

A beautiful little book that teaches a 3 hour Tantric ritual including many unique and powerful exercises for individual preparation and couple bonding.

Sexual Energy Ecstasy: A Practical Guide To Lovemaking Secrets Of The East And West by David and Ellen Ramsdale, Bantam Books, New York, 1985

The most practical and technique filled book about creating and maximizing the ecstatic response during lovemaking. Very spiritual and, as you might expect from the title, focused on maximizing sexual energy.

Sexual Secrets: The Alchemy of Ecstasy by Nik Douglas and Penny Slinger, Destiny Books, Rochester, Vermont, 1979

This is an amazing compilation of practices and rituals from ancient texts in language and graphics useful to the modern Tantrika. Nik and Penny have done a great service to the modern world by giving us access to these hidden secrets.

Spiritual Sex: Secrets Of Tantra From The Ice Age To The New Millennium by Nik Douglas, Pocket Books, New York, 1997

A thorough review of the history of Tantra and sacred sexuality including a concise summary of modern Tantric practice.

Sexual Solutions: A Guide For Men And The Women Who Love Them by Michael Castleman, Touchstone, New York, 1980

This is a down-to-earth, no nonsense review of male sexual problems and techniques to improve lovemaking. A little dry and devoid of spirit for us, but worthwhile for its helpful exercises.

Taoist Secrets Of Love: Cultivating Male Sexual Energy by Mantak Chia and Michael Winn, Aurora Press, Santa Fe, New Mexico, 1984

This is an excellent presentation of the Taoist approach to male sexuality which prescribes and is apparently successful in achieving complete seminal retention for men. It has some powerful exercises, but is too strict and preachy for Tantrikas like us.

Tantra: The Art Of Conscious Loving by Charles & Caroline Muir, Mercury House, San Francisco, 1989

A wonderful little book which presents the Muirs' approach to teaching Tantra, weaving Yoga, relationship, and sexual healing into erotic practice.

The Tantra Experience: Discourses on the Royal Song of Saraha by Osho Rajneesh.

Part 1 of Osho's lectures on the basic approach to life and sexuality that we call Tantra. For anyone who wants to go beyond sexual techniques and understand sacred sexuality, you definitely want to start here.

Tantric Transformation: Discourses on the Royal Song of Saraha by Osho Rajneesh.

Part 2 of Osho's lectures on the basic approach to life and sexuality that we call Tantra. For anyone who wants to go beyond sexual techniques and understand sacred sexuality, you definitely want to start here.

Tantra, The Supreme Understanding: Discourses on the Tantric Way of Tilopa's Song of Mahamudra by Bhagwan Shree Rajneesh

Osho's discourse on Tilopa's Song of Mahamudra moves beyond mere interpretation. Osho explains the essence of Tantra: "It has no attitude to look at life. It has no concepts, it is not a philosophy. It is not even a religion, it has no theology. It doesn't believe in words, theories, doctrines." Tantra says "yes" to everything, moving beyond dualism -- it is acceptance. Osho shatters preconceptions, traditions, and ideas. His discourse is powerful, poetic and illuminating.

From Sex To Superconsciousness by Osho Rajneesh

Bhagwan Shree Rajneesh, now known as Osho, present the most amazing discussion of sexuality and consciousness that we've ever seen. He explains why sex is the gateway to spirituality and the destructive effects of condemning sexuality. This is a must read for anyone who is interested in a more healthy and balanced approach to sexuality than most of our current spiritual traditions provide.

The Three-Week Program Ending Premature Ejaculation: Man's Guide To Self-Improvement To Help Improve Sensual Awareness by William L. Nakosan, Minimum W. Publishers, New York, 1994

This is an English translation of "The Simple Solution", a short little paperback basically presenting a frank discussion of the situation and exercises to practice coming close and backing off.

Ultimate Ejaculation Mastery: The Ecstatic Tantric Solution To Premature Ejaculation, How To Make Love For As Long As Your Partner Wants, While You Experience More Ecstasy Than You Ever Imagined Possible by Somraj Pokras, Tantra At Tahoe, Truckee, California, 2001

Make love for hours with unlimited sexual stamina. Learn to prevent premature ejaculation forever naturally with our best-selling ebook for men and their lovers, Ultimate Ejaculation Mastery. It offers powerful exercises, explicit sex tips, and proven advice that explain the ultimate Tantric approach to making love for as long as your partner wants, while you experience more ecstasy than you ever imagined possible. And it comes with a 100% Satisfaction Money-Back Guarantee!

Understanding The G-Spot and Female Sexuality: A 10-Step Guide for Unleashing the Ultimate in Female Ecstasy by Donald L. Hicks, Universal Publishers, 2001

A straightforward little ebook that answers the fundamental questions about the G-Spot: where is it, how to find it, and how to excite it.

Women Who Love Sex: An Inquiry into the Expanding Spirit of Women's Erotic Experience by Gina Ogden, Ph.D., Womanspirit Press, Cambridge, Massachusetts, 1999

An affirmative, useful guide for both women and men, enriched by smart clinical insights. Opinionated, articulate, and uninhibited. Ogden's theme is that sexuality has too long been narrowly defined in male terms. Her celebration of female sexuality give women hope . . . hope that it's okay, it is healthy to embrace sexuality in a positive way.

The Yin-Yang Butterfly: Ancient Chinese Sexual Secrets For Western Lovers by Valentin Chin, Jeremy P. Tarcher/Putnam, New York, 1994

A decidedly Taoist version of ancient sexual secrets which is more regimented than much Tantric practice, but containing some valuable tools and rituals.

12.6 Music Suggestions

Tantric Practice Music

El-Hadra: the Mystik Dance by Klaus Wiese, Ted de Jong, Mathia Grassow

The rhythm of Sufi trance meditation. One of our key practice CDs that we use to teach sexual breathing and moving energy up your chakras. This rhythmic moving background piece was specially produced for our teacher, Margot Anand. Just listening to it makes us stream sexual energy.

Dorje Ling by David Parsons

A slow, rhythmic, moving, trancey mix which samples traditional Tibetan music with a gently evolving electronic composition. The first 14-minute track is called "Tantra."

Passion by Peter Gabriel

Over 20 short tracks with mostly subtle rhythms, composed as the score for the "Last Temptation of Christ." Often melodic and sensuous, sometimes quiet, sometimes raucous with a Middle Eastern flair.

Deep Forest, Boheme, and Comparsa by Deep Forest

We don't know if these guys really are African or are Western new age musicians playing earthy sounds. Regardless, the primal nature of Deep Forest's music is great for dancing, moving the hips, and getting sexual energy flowing.

Totem and Bones by Gabrielle Roth and the Mirrors

Jeffre loves drums and primitive rhythms so Gabrielle's simple beat turns her on more than most who simply find them trancey.

Relaxing Meditative Music

SAN by Deuter

The consummate new age musician who's responsible for the dynamic music on many of our meditation CDs uses his gentle touch for this series of soft subtle relaxing themes.

Tantric Heart: Music For Lovers by Shastro

Two long slow sensual tracks inspired by Indian themes which is energizing and relaxing.

Higher Ground and Sensual Pleasure plus others by Steven Halpern

Evocative, sustained chords float, suspended in time, amply meditative and relaxing.

Tantra Drums by Al Gromer Khan

Mystical, flowing, sensual, erotic, engaging... lovely musical support for slow, ecstatic lovemaking. Transports the listener to another level of consciousness.

Music To Disappear In 1 & 2 by Raphael

Key elements in the trancey section of our music collection, bound to lull anyone into a timeless space.

Sensual Lovemaking Music

ERA by ERA

The eerie chanting and vocals of ERA are hip and upbeat creating an erotic mood.

Erotic Moods by Nusound

A rhythmic sensual romantic musical journey punctuated by lush electronic sounds.

Mythos by Mythos

This upbeat group centered piano and guitar but with many other instruments in places is our latest favorite, featuring an timeless feeling of mysticism through African, Middle Eastern, and Oriental tones.

Karma, Poem, and Semantic Spaces by Delerium

Maybe because we both love rock and roll so much, Delerium has long been one of our top artists for lovemaking. Their three latest CDs put us into an altered space with electronic sound, hypnotic rhythm, and sensual themes. "Poem" has more strong vocals than the earlier two which pulse right into our subconscious energy centers.

Sensual Sensual and Suave Suave by B-Tribe

Two of our favorite erotic CDs have some Spanish vocalizing over rock-type flamenco music. Since we don't speak the language, it transports us to a romantic space without thinking.

Enigma, The Cross Of Changes, Le Roi Est Mort, and The Screen Behind The Mirror by Enigma

Any new collection of sensual music has to include Enigma's four great CDs. They're a little verbal and changeable so they don't have the trance-like effect we prefer, but the rich themes and instrumentation make them a joy to listen to.

12.7 Glossary Of Terms

Any new field that changes human perception and behavior evolves it's own lingo. The salient advantage of coining new words is our ability to more precisely focus on ethereal qualities that are difficult to describe with common English. This glossary can help you adjust to the new language.

9.9

The point of no return measured on the 10-point scale of sexual arousal at which ejaculatory orgasm is inevitable.

10-Point Scale

An arbitrary way of monitoring level of sexual arousal during practice and sex play from 1, no arousal, to 10, orgasm.

Amrita

Sanskrit term for the famous "nectar of immortality" or "water of life." Commonly used in Tantra to mean the divine nectar of the Goddess, or female ejaculate.

Auto-Eroticism

Turning yourself on without any physical stimulation.

Backjack

A simple chair-like device that makes sitting on the floor easier. Backjacks are cloth-covered metal-framed back supports that rest on the floor with a low foam-rubber seat.

Big O

A strong explosive orgasm.

Blended Orgasm

Originally, an orgasm that results from clitoral and vaginal stimulation. We extend that definition to encompass any two or more orgasmic triggers, including Kundalini energy.

Breath

One of the four cornerstones of Supreme Bliss. See Tantric Breath, Four Cornerstones.

Butterfly

A massage stroke that uses unexpected flitting taps with your fingertips all over the body with no pattern.

Channel Energy

To circulate, move, or run sexual energy around the body. See energy.

Cervix

The lower end or neck of the uterus which opens into the top end of the vagina.

Chakra

One of seven centers or vortices inside the body from the bottom of the spine to the top of the head where subtle energy is generated, collected, stored, and swirled. Though energy is energy, it has different qualities at each chakra. See Energy.

Chi

See Energy.

Clio

Our Tantric name for clitoris. See Clitoris.

Clitoris

A highly-sensitive sexual organ whose head lies under the intersection of a woman's outer lips and whose legs extend deeper towards the sides of the vagina. See Clio.

Coitus Reservatus or Coitus Interruptus

The withdrawal technique dating from ancient Rome in which the man pulls his penis out before ejaculating.

Come-Hither

A G-Spot massage stroke done by crooking one or more fingers back towards your palm as if you were beckoning someone to come towards you.

Cornerstones

Four simple but powerful physical skills used to generate ecstasy at will -- presence (relaxation, mental focus, and concentration), breath, sound, and movement.

Corona or Crown

The ridge at the base of the head of the penis. Also known as the crown.

Cum

To push out sperm. See Ejaculate.

Cuming

Explosive orgasm accompanied by ejaculation.

Crura

Legs of the clitoris which extend deeper inside a woman's body on either side of the vagina.

Desensitizing

Using products or doing things to temporarily desensitize the penis during sexual stimulation.

Devamani

Balls, scrotum, and testicles, adapted from the Sanskrit for divine gems, jewels, or pearls.

Dry Orgasm

A long series of slow pleasurable spasms that men can experience without ejaculating. With a rush of orgasmic energy, the emission phase of orgasm can be avoided while still enjoying the wonderful ecstasy of the expulsion spasms. See Implosive Orgasms

Ecstasy

Intense joy, delight, and elated bliss. An extraordinary elevation of the spirit by overwhelming emotion so intense that you're carried away beyond the reach of rational thoughts and ordinary impressions.

Ejaculate

To push out sperm. See Cum.

Emission Phase

The first stage of ejaculatory orgasm when the male prostate gland automatically contracts and empties prostatic fluid, a major component of semen, into the urethra.

Energy

The nervous stimulation and physical excitation that our bodies feel all the time which is responsible for emotional sensations and the physical manifestation of spirit. Most strongly felt by most as a result of sexual stimulation and orgasm. In China it's called *chi*, in India it's called *prana*, and in Japan it's called *ki*. See Kundalini.

Energy Orgasm

See Implosive Orgasm, Tantric Orgasm.

Engorged

When sensitive organs composed of erectile tissue swell with blood and darken when aroused.

Erectile Tissue

The technical name for sensitive organs that swell with blood and darken when aroused, also known as engorgement.

Erogenous Zones

Parts of the body that arouse sexual desire when you touch them.

Explosive Orgasm

The kind of sudden strong orgasm that relieves tension and releases energy quickly in a few-second flash of pleasure which is accompanied by ejaculation in men and often drains lovers of their vital essence.

Expulsion Phase

Once those little swimmers are emitted into your channel, the rhythmic wavelike soft-muscle contractions propel the semen down your urethra and out the head of your penis where they have a brief fight for survival and usually lose. These contractions of your pelvic muscles that cause the actual release of semen also are the main ones that cause the fantastic pleasure.

Feedback Sandwich or Feedback Cycle

A diplomatic way lovers can ask for changes in sexual play or other behavior without hurting their partner's feelings. The feedback sandwich is a communication cycle, beginning and ending with positive reinforcement, which begins with a compliment, asks for something different, and finally acknowledges what's working.

Female Prostate

Spongy erectile tissue caused by a series of small paraurethral glands and ducts surrounding the urethra along the roof of the vagina. See G-Spot, Paraurethral Glands, Urethral Sponge, Skene's Glands.

Four Cornerstones Of Supreme Bliss

Breath, sound, movement, and presence. The components of an ecstatic experience which Supreme Bliss Tantra uses as tools to summon and channel Kundalini energy.

Frenulum

The ring of indentation just behind the corona or head of the penis, especially on the underside, which is highly sensitive.

Full-Body Orgasm

An energetic implosive orgasm through the entire body accompanied by writhing, undulating, and vibrating all over as a result of channeling sexual energy out of the genitals. See Implosive Orgasm.

Glans

The rounded tip of the clitoris or penis.

Goddess

Any woman who consciously acts from her divine power. See Shakti.

G-Spot

A small pleasure point located a few inches deep on the upper part of the vaginal channel, first reported in the 1950s by a gynecologist, Dr. Ernst Gräfenberg, as the female orgasmic trigger. Actually, it's spongy erectile tissue caused by a series of up to 40 small paraurethral glands and ducts surrounding the urethra along the roof of the vagina. See Female Prostate, Paraurethral Glands, Urethral Sponge, Skene's Glands.

Guru

A spiritual teacher or master, traditionally from India.

Hand Job

Manually pleasuring a vajra by oneself or by a lover.

Head

The glans, corona, or crown of the penis.

Hot Spots

Tissues inside yoni that need healing. She may feel tension, numbness, tenderness, soreness, pain, burning, or a bruised feeling. The healer may feel throbbing, heat, or a hard nodule.

HIV

The AIDS or auto-immune deficiency virus

Implosive Orgasm

Inner orgasm or Tantric energy orgasm. A long series of slow pleasurable vibrations in both men and women accompanied with a rush of orgasmic energy which occurs when sexual arousal gets pumped back inside and is circulated over and over again without explosive release. See Dry Orgasm, Tantric Orgasm.

Imsak

An Arabic word literally meaning "retention" referring to retaining semen within the body while making love. Imsak was developed for men who needed to satisfy an entire harem each night and couldn't keep getting it up again and again after cuming with each lover.

Jewels

Genitals, the sexual organs of both men and women.

Inner Flute

The invisible channel near the spine that connects the chakras imagined to look like a hollow bamboo. See Chakras.

Karezza

A still lovemaking technique published by Alice Bunker Stockham, a pioneering female physician, in 1883 during which the penis remains inside the vagina for an hour or more simply feeling the delightful energy.

Kegels

Exercises originally developed by a gynecologist named Dr. Arnold Kegel in 1952 to teach women to regain control of their urinary reflexes by restoring tone of their PC muscles after the trauma of childbirth. See PC Muscle.

Ki

See Energy.

Kundalini

Loosely, sexual or orgasmic energy. The normally latent psychosexual power, likened to a coiled snake, that lies dormant at the base of the spine. When awakened through Tantric practice, Kundalini energy can ascend through the subtle body, creating powerful ecstatic experiences and heightened cosmic consciousness. See Energy.

Leila

Divine play. Reveling in sexual pleasure as a gift from the Goddess. From the Sanskrit for play and joy.

Lingam

The Hindu name for penis, meaning wand of light. See Vajra.

Lotus Position

Sitting with legs crossed over one another.

Lovemaking Position

See Position.

LovePlay

Any kind of intimate, physical, sexual frolicking that creates turn-on and demonstrates love, affection, and desire. Foreplay is included but we don't like to use that term since in Tantra any kind of loveplay can be an end in itself.

Maithuna

The Sanskrit name for ritual sexual intercourse. See Sexual Union.

Meditation

Sitting and emptying the mind by reciting mantras, watching the breath, or witnessing ideas floating by, intended to create a "no mind" condition of deep inner peace filled with stillness.

Move Energy

To circulate, channel, or run sexual energy around the body. See Energy.

Namasté

Bowing from the waist with hands on heart, palms together pointing up, meaning "the God/Goddess within me salutes the God/Goddess within you."

No Mind

An empty mind. A meditative state of deep inner peace filled with stillness.

Orgasm

Sexual climax, the moment of most intense pleasure in sexual stimulation, usually accompanied with explosive release, and sometimes by an unlimited, timeless, whole body-mind-spirit altered state. See Cuming.

Orgasmic Breathing

The kind of breath, sound, movement, and presence that happens when you have a typical exciting explosive orgasm. Consciously and intensely using these four cornerstones of Supreme Bliss to heighten sexual ecstasy.

Orgasmic Energy

See Kundalini.

Orgasm Master

Someone who can choose the type, timing, and number of orgasms that occur.

O-Zone or Orgasm Zone

The high plateau of sexual ecstasy where you float continuously with multiple and lengthy full-body mind-blowing energetic orgasms. Your mind drifts, your body feels weightless, and you feel as if you and the creative cosmos were one.

Paraurethral Glands

A collection of up to 40 small glands, accompanied by ducts and blood vessels, surrounding the female urethra along the roof of the vagina. Also known as Urethral Sponge, G-Spot, Female Prostate, and Skene's Glands.

PC Muscle

Short for pubococcygeus. The muscle that snakes down around the anus and genitals connecting the pubic to the coccyx bones plus the sitting bones and legs.

Peak

Letting sexual excitement rise to a high level and then immediately drop back down, which, if graphed, looks like scaling a steep mountain peak and then falling precipitously.

Peaking

Adjusting the sexual stimuli that cause sudden surges of arousal in order to come back down without going over the top to orgasm.

Perineum

The general region of the pelvic floor between the genitals and rosetta (anus).

Perineum Point

The soft fleshy spot between a man's testicles and anus where you can dig in real deep and massage his prostate from the outside.

Performance Anxiety

The worry of a lover who's trying to achieve a goal like orgasm, competing with internal mental standards, and continuously wondering "am I doing it right?"

PIV

Penis in vagina.

Plateau

An ongoing high level of sexual arousal that continues without diminishing.

Pleasure

A source of enjoyment or delight. Sensual gratification or indulgence.

Pleasure Balloon

An imaginary energy bubble inside you that limits and controls your capacity to feel. At rest, your pleasure balloon is collapsed around your jewels. As you get excited and Kundalini energy fills your container, your balloon expands.

PNV

Penis near vagina.

Point Of No Return

The point of no return during sexual arousal at which ejaculatory orgasm is inevitable. See 9.9.

Polyamory

A open lifestyle which includes multiple lovers with full knowledge and often contact between all.

Position

One of seven basic sexual positions, including...

- Shakti Position (woman on top),
- Cow Position (rear entry),
- Transverse Position (side-to-side),
- Shiva Position (man on top),
- Kneeling Shiva (Position man between her legs),
- Yab-Yum Position (sitting),
- Dancing Position (standing).

Each *position* can be modified in multiple ways by moving torsos, adjusting limbs, and shifting weight. Major adjustments to each position are grouped into several categories called *postures*. Each posture can be adjusted with several *variations*.

Posture

See Position.

Prana

See Energy.

Pre-Orgasmic

Referring to a woman who hasn't yet experienced orgasm.

Presence

One of the four cornerstones of Supreme Bliss. Being relaxed enough to open your senses in the moment without any goal or expectation and total 100% focus on the pleasure you're feeling right now. See Four Cornerstones.

Prostate

A firm, partly muscular, chestnut-sized gland which is a long-finger-width inside the rectum of males at the neck of the urethra. It produces prostatic fluid, a viscous secretion that is a primary component of semen.

Prostate Point

A soft spot between the devamani (testicles) and rosetta (anus), below the base of vajra, through which pressure can be applied to the prostate.

Prostatitis

An inflamed or enlarged prostate.

P-Signal

The sensation of a swelling G-Spot or Sacred Gate that initially feels like the need to pee, but actually signals the right time for a woman to push out, expel fluid, and ejaculate.

Pubococcygeus

See PC Muscle.

Pudenda

A fancy out-of-date term for external human genitals..

RAMPER

The best method of teaching the Ultimate Ecstatic Solution To Premature Ejaculation which stands for Relax, Awareness, Measure, Pace, Energy circulation, and Ride the wave.

Refractory Period

The time it takes to be able to recover the ability to get and maintain an erection after ejaculating.

Resistance

Anything that gets in the way of your natural flows of life force energy. Usually referring to sexual resistance and the inhibitions that get in the way of desire, turn-on, and ecstatic states. When there's resistance, you feel uncomfortable, withdrawn, nervous, tuned out, turned off, repulsed, angry, irritated, frustrated, hopeless, depressed, or other negative feelings.

Retention

Conserving or retaining semen without ejaculating during sex.

Rosetta

Anus, asshole.

Run Energy

To circulate, channel, or move sexual energy around the body. See Energy.

Sacred Gate

The erectile tissue on the upper wall of the vagina which is a powerful orgasmic trigger and doorway to Supreme Bliss. See G-Spot.

Sacred Space

Consciously making the environment in which you do Tantric practice special. This includes cleaning and beautifying the room you choose as well as cleansing the space's energy and invoking the powers you want included.

Sacred Spot

See G-Spot.

S.E.X.

Subtle Energy eXchange. Any touching, moving, meditating, or erotic sharing including fantasy that stimulates and connects lovers' inner vibrations.

Scrotum

The external pouch that contains the testicles.

Self-Pleasuring

A Tantric term for masturbation during which one honors one's body and celebrates pleasure.

Semen

Seed, seminal fluid, or ejaculate. The thick white fluid containing spermatozoa that is ejaculated by the male genital tract.

Sex Positive

An attitude and mindset in which you know that sexual ecstasy is a divine gift and any way you get it is good for you.

Sex Position

See Position.

Sexual Energy

See Kundalini.

Sexual Union

Sexual intercourse. See Maithuna.

Shakti

The Goddess, Shiva's consort, that represents the feminine principle embodying pure creative energy in Tantra.

Shiva

The god Shiva, one of the three primary Hindu deities, known in Tantra as the pure embodiment of masculine force and cosmic consciousness.

Shiva Lingam

An erect penis. Tantric tradition views the all powerful God Shiva with a continuous erection.

Signals

Words, sounds, or hand motions used to give feedback to a sexual partner about erotic reactions and arousal level.

Skene's Glands

Another name for the spongy erectile tissue caused by a series of many small glands and ducts surrounding the urethra along the roof of the vagina. Named after Alexander Skene, M.D., who studied and drew them in great deal in 1880. See G-Spot, Female Prostate, Paraurethral Glands, Urethral Sponge.

Speculum

A plastic instrument used by gynecologists for vaginal exams which dilates and sheds light inside this passage of the body to facilitate examination.

Sperm

Spermatozoa, the male reproductive cells.

STD

Sexually transmitted disease.

Streaming

To circulate, move, run, or channel sexual energy often without sexual stimulation which creates strong pleasurable spasms and vibrations.

Supreme Bliss

The zenith of sexual ecstasy which transforms Kundalini orgasmic energy into expanded consciousness.

Surrender

Relaxing, releasing the need to control, letting go, welcoming pleasuring flowing through you, and giving yourself completely to an experience.

Taking Touch

A Tantric massage technique where the touching hand feels as much as the body part that's being caressed, usually accomplished by the masseur exchanging energy through the heart, arms, hands, and fingers with the receiver.

Tantra

The ancient spiritual practice of sacred sexuality.

Tantras

Ancient secret writings about Tantra.

Tantric Breath

A Tantric breath is deep, slow, and in the belly. See Four Cornerstones.

Tantric Orgasm

An experience of prolonged peak pleasure in which the whole body vibrates with wave after wave of intense ardor, involving many or all of the chakras. It occurs when Kundalini energy expands inward, flooding the entire body with pulsing orgasmic contractions and continuous wavelike vibrations. See Implosive Orgasm.

Tantric Touch

A soft, slow, sensual massage technique in which both giver and receiver are fully awake with all senses wide open to the physical and the subtle energies being exchanged.

Tantric Sex

Making love reverently, sacredly, and consciously to maximize and circulate orgasmic Kundalini energy.

Tantrika

Practitioner adept at Tantra.

Urethra

The tube or canal through which urine is discharged in both men and women and which serves as the male genital duct that carries semen through the genital system and out the head of the penis.

Urethral Sponge

Spongy erectile tissue caused by a series of up to 40 small paraurethral glands and ducts surrounding the urethra along the roof of the vagina. See G-Spot, Female Prostate, Skene's Glands, Paraurethral Glands.

Urge To Cum

When we get turned on, that something inside that takes over and convinces us to just let go.

Uterus

A pear-shaped hollow muscular organ or womb in which a fertilized egg grows into an embryo, fetus, and baby.

Vajra

The penis or male sexual organ. See Lingam.

Valley Orgasm

A continuous state of orgasmic ecstasy in which the arousal curve stays flat like a mesa and doesn't jump up suddenly as in peaking. See Plateau.

Variation

Modification of a posture in one of the seven basic sexual positions. See Position.

Vipassana Meditation

A sensory meditation designed to open multiple senses at once.

VIY

Vajra In Yoni

VNY

Vajra Near Yoni

Yab-Yum

The paramount Tantric sexual position named for the Buddhist term "union of mother and father" in which the man sits cross-legged with the woman on his lap with her legs wrapped around him.

Yes/No Questions

One-word questions that can be answered with a simple "yes" or "no" that allow lovers to give feedback without thinking much.

Yang

Strong male energy and the more forceful male approach. See Shiva.

Yin

Receptive female energy and the nurturing female approach. See Shakti.

Yoni

The traditional Hindu word for vagina.

Zafu

A solid, round Japanese meditation pillow, flattened top and bottom like a thick pancake.