

Part Three: Variations

I remember one of the many times I received instruction from a woman about the different ways to stimulate sexual energy.

I was about sixteen years old, sitting in my mother's station wagon with my girlfriend. I had picked her up after school and we had driven to the beach. We sat in the car. Watched the ocean. Accidentally touched arms a few times. The silence was excruciating. Over the last several months, we had had sex a few times and made out a few more times, but it was weeks since we had seen each other. Finally we were together, alone, in a car.

After great deliberation, I reached over and held her hand in mine. I could hear her breathe a single deep breath, a sigh, really. I felt better. Yes. Holding her hand was the right thing to do. I had no idea what to do next.

She must have felt my eager dumbness. She said, "Can I show you something I really like?"

"Sure," I said, relieved that maybe I would now know what to do with her.

She sat back in the car seat as if preparing herself for some huge, overwhelming treat. I thought maybe she was about to reveal a mysterious fondling technique that the girls talked about with great longing while they smoked cigarettes in the high school bathroom.

I was still in the driver's seat of the parked car, holding her hand. She looked into my eyes and raised her eyebrows as if to say, "Are you ready?"

She brought her right hand to hover over the inside of her left wrist. Then, ever so slowly and gently, she began stroking the entire length of the inside of her forearm, her fingertips barely touching her skin. From the inside of her wrist to the crook of her elbow, up and down, very, very slowly, she caressed herself.

Her eyes closed. Her pelvis started rocking. I felt useless. Stroking her own arm, she was eliciting more pleasure from herself than I had ever seemed able to arouse with all my manly ministrations on top of her, beneath her, or behind her.

She took my free hand in hers and guided it to her forearm. She glided my fingertips slowly over the softness of the inside of her arm. Up and down, up and down, barely touching her silken flesh. When I got the hang of it, she released my hand. I was on my own. I continued stroking her arm. She seemed to sink further back into the passenger seat, licking her lips, rocking her pelvis, moaning from her belly.

On the one hand, I felt greatly relieved. This was easy. I could do this. If this was all it took to drive her crazy with pleasure, my days of confusion were over. On the other hand, I felt more befuddled than ever. How the heck would I have ever figured out that I was supposed to stroke the inside of her forearm to turn her on? What if she had never told me her secret? What other secrets wasn't she telling me?

Eventually, after I stroked her arm for about five minutes, she couldn't stand it any more. She pulled my face toward her and landed a kiss, a very wet one, flat on to my lips. Kissing I knew how to do. I put my arms around her and returned her sloppy

mouth, licking my tongue against hers. She pulled away and sat back. I wasn't sure, but she seemed disappointed. I must have done something wrong. But what?

I assessed the moment. What did I do to turn her off? For once, she didn't have to say anything. I figured it out: I had gotten lost in the fervor of our kissing and stopped stroking her arm.

I immediately tried to rectify my mistake. I quickly began caressing the inside of her forearm with my fingertips, just like she had shown me. But it was over. It wasn't working. The space between us hung static with nothing.

I continued to stroke her arm just like she showed me, but she remained stone cold. Who could blame her? My caresses were mechanical, bereft of feeling or subtlety. But worse, I was hoping to please her, hoping I was doing it right. I was being a good little boy, hoping for mommy's approval. I thought I was giving my girlfriend what she wanted, but what she wanted was the very thing I denied her.

I was slow to learn what she really wanted from me sexually. A few weeks later, we were making out, rolling around on the bed for quite a long time. Finally, feverish and panting, with wet lips and slut eyes, she asked, "What do you want me to do?"

"Whatever you want to do," I answered her.

"I will do anything you want. Anything!" she answered, hungry and hot-breathed.

"Well, I want you to do what *you* want to do," I answered.

"Anything, I'll do anything. I want to please you," she pleaded, licking me all over, rubbing herself against me, waiting for my word of desire.

"Just be yourself. That's what pleases me," I answered, sure that she would appreciate my acceptance of her.

Instead, she rolled away, went to the bathroom, and slammed the door shut.

Both in the car and in the bed, she wanted to feel me “knowing” her, taking her to a new place of openness and pleasure. She wanted to transfer the lead to me, so she could let go of being in charge and fully surrender in the pleasure of love. But in the car, I got lost in the energy of her kiss, and she could no longer trust my consciousness, sensitivity, or bearing. And when she asked for my “command” in bed, I threw the choice of direction back on her, making her decide for herself what she wanted. But this was exactly *not* what she wanted.

Growing up, I was raised to treat boys and girls, men and women, equally. To me, that meant treating them the same. I simply had no idea that in intimacy, sameness is not sexy. It was a while until I learned that magnetic sexual polarity is based on the attractive play between masculine and feminine forces, which are equal in power, but also very *different*. Sex is the play of their differences, their push and pull, their interpenetration, union, and pleasurable unity. But a mushy soup of neutered sameness is not the basis for sexual play.

The masculine in each person sees the big picture and remembers its real purpose, and thus is able to direct where things are going. The feminine in each person is the force of life itself, moving through the body, the earth, the sea, and the wind. Revealing itself through sensual flow, it is the energetic force of nature and aliveness.

My girlfriend had wanted to relax in her feminine, surrendering to love, allowing love’s wild light to dance her body wide open, enjoying the delicious flow of energy moving between our hearts. Sometimes she grew tired of being in her masculine, always directing me. Sometimes she wanted me to take the rudder

so she could flow freely as the wind and waves, undulating in sensual pleasure, not having to concern herself with what to tell me to do next.

Sometimes she wanted to be ravished, to let go and trust that I would lead us beyond our limitations into a bliss of loving that exceeded anything she could tell me to do. Sometimes her feminine power had the opportunity to manifest most fully when I took the lead, allowing her the freedom to radiate love absolutely through every cell, without having to compromise her shine because I wasn't conscious enough to take us deeper in sexual loving.

Technique is nothing without the play between the forces of trustable masculine consciousness and untamed feminine energy. Whether gay or straight, unless two partners are willing to play in the *differences* between masculine and feminine, sexual polarity and attraction will disappear, even if they love each other.

Enlightened sex involves magnifying the attractive differences and distances between these two powers so they slingshot through one another in a blissful interpenetration, the "fuck" of eternal unity recognizing itself.

Either partner can play either side of the polarity, in same-sex and opposite-sex relationships. A woman may enjoy playing the masculine. A man may enjoy playing the feminine. Partners can alternate polarities every few minutes, or play one style of polarity most of the time. But if there isn't an attractive masculine-feminine difference between partners at times, then sexual polarity eventually becomes neutralized, and the various techniques for stimulation and pleasure become reduced to friendly, feel-good massage therapy. For some people, this is enough.

However, for most men and women, neutered stimulation is fine on occasion but not a substitute for full-blown sexual

polarity in love. Most people want to be sexually aroused, ravished, and undone in the resplendent bliss of “Oh my God!” — whose effulgence is sourced in the loveplay of unbridled masculine and feminine forces.

The masculine-playing partner cultivates the capacity to give the gift of trustable, all-pervading presence, so his or her partner feels deeply entered, sensitively known, and blissfully ravished by the directional love-force of consciousness. The feminine partner cultivates the capacity to give the gift of untamed expressions of pleasure and devotional heart-yearning, so his or her partner feels irresistibly attracted beyond separate self into the radiant bliss of real love.

If the masculine partner’s presence wavers, then the feminine partner loses trust, guards herself emotionally, and can’t enjoy the bliss of opening her body and heart fully as the offering of feminine love.

If the feminine partner’s radiance diminishes — so that body and heart close, ripples of pleasure decrease, and emotional expression becomes muted — then the masculine partner is stuck in the realm of head and tail, bereft of full-bodied, heart-given sensual energy, unattracted beyond his own self-controlled detachment or selfish stimulation.

Knowing a wide range of techniques for stimulation helps to expand the ways you play your masculine and feminine forces in intimacy. While stimulating sexual energy, practice to remain present with your partner, connected in love, allowing pleasure to flow freely throughout your *whole* body as well as your partner’s. Learn the techniques that best serve to magnify energy and open the offering of love in your relationship, however unfamiliar a method may seem.

Don't do something just to get your partner's approval. Do it because it serves to open your bodies as love. While your sexual energies are aroused, practice to unguard your heart, gently but persistently, especially when you notice yourself closing down. In erotic play, learn to enjoy the force of masculine presence and the power of feminine radiance. And always combine whatever variations you learn with compassion, sensitivity, creativity, and spontaneity.

17 STIMULATE THE SEX PATHS

Although the genitals are often called the “sexual organs,” enlightened sex requires the whole body. The genitals are the root organs of our sex, but they bloom up through the spine and whole body, including the belly, heart, and head. Many people have grown accustomed to limiting intense pleasure to the genitals, resulting in ejaculative and clitoral orgasms. The rest of the body — as well as the profundity of whole-body orgasms — is ignored.

The superior lover knows how to stimulate the sexual pathways throughout the body. These pathways are slightly different from person to person, and over time each person’s needs change. The best way to discover these pathways is through experimentation. When you nibble your lover’s earlobes, what happens to the rest of his body? Which parts of your lover’s body seem to move with energy when you pull her hair or kiss her neck? What happens when your lover bends his or her legs and you hold your lover’s feet in your hands while you make love? Be careful not to get into a rigid habit of always stimulating the same parts of your lover’s body in the same way just because it seemed to work before.

Pay particular attention to the ears, lips, neck, nipples, belly, anus, perineum, hands, feet, and spine. Use rough and gentle touch, sharp and soft pinches, wet and dry friction, tickles, scratches, steady pressure, and sudden blows to awaken and circulate your lover’s energy. Through creative and skillful means, coax your lover’s energy to flow so fully that his or her heart opens as spacious surrender, offering love, shining without boundaries. This is enlightened sex. Genital contact may get the sexual energy moving,

but unless you are also skillful at helping it circulate throughout the whole body, the energy will just build up and deplete itself in localized blips of ratchety release.

18 BITE, SLAP, AND PINCH TO MOVE STAGNANT ENERGY

During sex, the body's energy may become stagnant, heavy, or stuck. Biting, slapping, and pinching can be used to stimulate energy in the nervous system and rouse a listless or sluggish body into more energetic ecstasy. Sometimes a little bit of pain, skillfully and lovingly administered, can greatly increase pleasure. Use these means freely, with real love and careful sensitivity. These techniques are simply aspects of creative sexual loving and should be used equally by men and women.

To begin with, choose a single technique to practice with your partner—for example, biting. While making love, bite or nibble your partner gently on the neck or wherever you choose. Then ask for verbal feedback. Would your partner like your bite to be harder or softer? More teeth or more lips? Work toward discovering how, when, and where to apply a bite. You can't just gnaw randomly and get the desired result. You must carefully feel your partner's energy, and when you feel that it needs a boost, provide just the right bite, at the right time, in the right place.

Then your partner can practice biting you. Make sure to give feedback to let your partner know how his or her biting is affecting you. At first it is best to use words to give this feedback. Once you both understand each other's signals, sometimes a pleasurable moan—or a sharp yelp, "Ouch!"—is enough. In any case, make sure that the pain is "good" pain, in the sense that it deepens and quickens the energy flowing through your bodies.

Erotic slapping can be more difficult to learn. Because slapping is often associated with anger and the desire to hurt someone,

many people inhibit their impulse to smack a lover during sex. Remember, there is a big difference between hitting someone in a way that deepens the ecstasy and hitting someone because you are angry and need to strike out. What we are exploring is cuffing someone in a way that jolts both of you to a new level of sexual participation, openness, and love.

Eventually, you may find that an occasional and lovingly administered gentle slap to the face—not to mention the ass or thigh—can surprisingly open the sexing to a new level of abandon and passion. Both men and women can learn to gently cuff each other, at first being very careful and waiting for feedback before trying again. This kind of smacking or spanking is an act of love, an erotic expression of passion, and a means to move energy to a new place. It is *not* about trying to hurt your lover, although the smack may indeed be somewhat painful, or at least startling. However, the pain can quickly be assimilated into greater passion, pleasure, and bodily energy if the smack is appropriately and skillfully given and received.

For biting, slapping, or pinching to work well, timing is very important. You must *feel* the energy moving or stagnating in your partner before you can know when and how to assist the energy. Sometimes a smack to the buttocks will unlock energy. At other times, pinching a leg, scratching the back, or nibbling your partner's neck can be the skillful means.

Feel your partner's blocks. Where is the rigidity? Where is the energy flow limited? Which parts of your partner's body are expressing passion fully, and which parts are inexpressive, dull, or lifelessly passive? Your partner can feel and discover the answers to these questions in you, too. Carefully administered bites, slaps, and pinches can be skillful means to unblock and magnify energy

in the parts of the body that need to be awakened. A sudden bite, slap, or pinch can also arouse greater passion and emotional expression in a partner who is drifting, mechanical, or lodged in torpor. By learning to feel your partner's energy with great sensitivity, you will know intuitively when and how to open and move it.

19 MOVE ENERGY THROUGH THE LIPS, NIPPLES, AND GENITALS

The lips, nipples, and genitals are connected through an internal circuitry of energy. By lovingly and delicately using touch to stimulate and relax each of these three areas, you can increase the circulation of love-force through your partner's whole body. Don't focus on one of these areas too long, but feel all three simultaneously, regulating the energy flow between lips, nipples, and genitals by using hard and soft touch, biting, pinching, rubbing, skimming, tickling, licking, and kissing.

When making love with your partner, stop moving. Lie motionless with your genitals interlocked with your lover's, your fingers on one of your lover's nipples, and your lips hovering near your lover's lips. Feel all three of these areas as if they were connected to one another by an invisible line of energy. Thrust a few times with your genitals and then carefully pinch your lover's nipple while staying attuned to how your lover's energy is flowing. Pinch the nipple just hard enough that you can feel your lover's genitals responding. Then stop pinching and continue thrusting again.

In a minute or so, begin kissing your lover on the lips. Use your tongue to stimulate your lover's lips while pressing his or her lips against yours. With your lips and tongue, suck and knead your lover's upper lip. As you do this, feel a direct connection from your lover's lip to his or her genitals, through your lover's nipple.

Focus on the lips, nipples, and genitals in turn while stimulating all three areas simultaneously to some degree. Based on your moment-to-moment feeling of your lover's energy flow, choose which area to excite, the depth of stimulation, and the timing. If

pinching your lover's nipple or kissing your lover's lips ends up decreasing energy or closing your lover down, then, of course, stop. Even when something is working well, don't repeat it too long or it will become irritating. Varying the location, depth, and intensity of stimulation, bring your lover's body to greater and greater degrees of ecstasy, until your lover can barely handle it.

Then, when your lover's energy is very full, bring your chest and belly against his or hers. Firmly press your body against your lover's, your chest and belly relaxed and soft. Breathe as if you are breathing your lover's breath, in synchrony and with great sensitivity. Use your breath to deepen and open your lover's breath. Press your heart tenderly against your lover's heart, feeling through your heart into your lover's, thus reminding your lover to feel from his or her heart into yours. Physical pleasure should never overshadow openness of heart. But if you can continue to help keep your lover's heart open, there is virtually no limit to the depth and fullness of energy you can evoke by skillfully caressing the energetically connected lips, nipples, and genitals.

20 STIMULATE THE ANUS

The anus is a potent source of energy arousal in both men and women. Most people find anal stimulation either very pleasurable or very painful, depending on their degree of relaxation. From the perspective of enlightened sex, the entire pelvic floor can be a place of sexual power, including the genitals, perineum, and anus.

The anus is an erogenous zone, capable of giving you great pleasure. But it is more than this. The anus is also a “launch pad” for energy moving up your spine. Although not completely necessary, anal stimulation can be an element in your repertoire of practices whereby you circulate magnified sexual energy up your spine and throughout your body to heal and rejuvenate yourself and your partner.

In addition to being a source of great energy, the anus is one of the places we tend to store residual tension. Some of us are chronically anxious and therefore become a “tight ass.” Others are clamping the anus in constant, low-level fear. It is important for you to maintain the proper muscle tone, but chronic fear and tension are unnecessary.

The amount of fear and tension you are suppressing below awareness in your daily life is easy to discover. This tension is stored in key areas of the body, such as your jaw, your solar plexus, and your anus. A finger up the anus will give you a quick reading as to whether you are unconsciously holding on to fear and anxiety there!

Everybody has different hygiene standards, but it is prudent to wash with soap and water before and after engaging in any

kind of anal stimulation. Furthermore, remember to wash whatever is inserted in the anus before putting it in the vagina.

It doesn't matter who goes first, but you and your partner can practice stimulating each other's anus, one at a time. Start by using your finger. Lubricate your finger and your partner's anus with saliva, vaginal fluids, or personal lubricant you can purchase at a pharmacy or sex shop. Gently massage the outer surface of your partner's anus with your finger. When the anus relaxes, insert the tip of your finger into the anus about half an inch. At this point, vibrate your finger slightly to help relax the anus. You can also massage the outer ring of the anus.

With your partner giving you constant verbal feedback, you can, over time, go deeper and deeper into the anus with your finger, massaging the walls of the anus as you go. Listen to your partner, stopping when he or she says to stop. Much emotional residue may be stored in the tissue you are massaging, so be patient and prepared for anything, from tears to anger to catatonia.

Some people are able to receive a whole finger during the first session, while others may need weeks or months of slow and patient anal massage to receive even a few inches.

Eventually, when both you and your partner have learned to give and receive love and stimulation through the anus, you can begin exploring the subtleties of working with anal energy. You may choose to experiment with various kinds of anal intercourse, carefully entering the anus with penis, dildo, or butt plug. In addition to anal intercourse, you can experiment with anal stimulation (with your finger, for instance) during genital intercourse.

The purpose of anal stimulation is to help relax the body, release emotional tension, and stimulate the energy of the pelvic floor. This energy can then be circulated fully, up the spine and

down the front, throughout the body's internal circuitry. The anus should be stimulated only to the extent that it serves this flow of energy and openness of heart. If anal sex becomes the sole focus of sexuality, chances are you are dealing with an unresolved neurosis rather than a skillful use of energy stimulation.

For some people, anal stimulation will play only a small and very occasional part in their overall sexing. For others, anal stimulation will be a more frequent part of sexual play and practice. Measure the frequency and style of anal stimulation by its efficacy in opening internal energy knots, relaxing the entire body, and moving energy from the pelvic floor up the spine and throughout the whole body. Most importantly, measure anal sex by its capacity to prepare you and your partner to surrender more deeply in love, a love without boundaries.

21 DO THE FEET

Your feet influence your whole body. When your feet are tired, the rest of you feels tired. When your feet are massaged, your whole body feels massaged. When your feet are touched with erotic love, the rest of you also flows with such love.

Foot massage can be a regular part of your sexual play. By massaging your lover's feet, you will help his or her whole body relax and open. Your lover will be able to feel your love, as well as your skill as a lover, by the way in which you touch his or her feet. If you just press a foot like a piece of meat, your lover will feel your insensitivity. But if you touch your lover's feet as if they were directly connected to your lover's heart and genitals—which they are—your lover will feel your skill with sexual energy. Your lover will relax in the trust of your care and sensual expertise.

To give a basic foot massage, use your thumbs on the sole of your lover's foot. Massage gently at first, covering the entire bottom of the foot, as well as the toes. Eventually, increase the pressure so you are massaging quite firmly. Also massage the areas around the ankle and between the toes. Your lover can give you verbal feedback and let you know what feels good.

As you massage your lover's feet, feel the rest of his or her body. Look at how your lover moves in response to your ministrations. Feel the texture, rhythm, and depth of your lover's breath. Can you slowly coax your lover toward an orgasm simply by massaging his or her feet? Can you at least turn your lover on so much that he or she begins to quiver and beg for deep loving? Your lover can also do the same for you by massaging your feet.

The feet are very sensitive, both as receptors and as transmitters. You can use your feet as you would your lips or genitals, to circulate sexual love energy between you and your lover.

Try treating each other's feet as full-fledged sexual organs. Suck the toes, licking in between them. Gently nibble and bite the entire foot. Touch your lover's nipples with your feet. Let your lover masturbate with your foot, touching it to her clitoris or his penis, or perhaps inserting your toes into her vagina or wrapping both of your feet around his erection. You can also actively masturbate your partner this way with one or both feet.

Always feel the effects of your foot play. Don't impose some weird sexual play on your lover just because you think it's a neat idea. The feet can be fully incorporated into your sexual play, but only if you remain sensitive to the effects on you and your lover. The point is to open the energy flow in the body, from the tips of the toes all the way to the top of the head. Even during normal genital intercourse, your feet should feel alive, flexing and relaxing, occasionally transmitting love to your partner directly, feet to feet.

Only when the whole body is open to the flow of energy can love invade the heart so deeply that sex becomes a means of contemplative bliss. Maintain a fullness of energy and awareness throughout the whole body, from toes to head, at all times during sex. So often, we live from the waist up, or even from the neck up, disregarding our lower body. And yet our lower body connects us to the earth. The energies of life can flow up our body and help us open in communion with the force of love. Make love with your feet and work up from there, until your genitals are conducting energy, your belly is full, your heart is wide, and your head is opened like a fully blooming flower.

The circular flow up your spine and down your front eventually approaches a speed or intensity that begins to feel more like a column of light, a bright and clear central channel of energy and openness. Breathe the energy up the spine and down the front of your body through your internal circuitry, until you feel like a hollow bamboo tube of radiance from toes to head. As your breath and energy become more coherent, a motionless vertical intensity shines as clear light infinitely above and infinitely below. As your heart relaxes all bounds, this intensity widens to include all appearance, so that everything seems as it always has, except now you are the intensity of its appearance, a motionless vibrating bliss dancing brightly as all things.

22 THRUST BOTH DEEP AND SHALLOW

While making love, it is very important to feel the energetic effects of your genital movement. This is equally true for both men and women, gay and straight. In this section, we will use the example of a man's genital thrusts with a woman. As always, feel free to experiment, modifying and applying these techniques to other sexual situations.

Any man can pump his penis in a woman's vagina, feel pleasure, and ejaculate. A superior lover uses his genitals to open the energetic knots that bind his partner's energy and emotion. Then, when her body is wide open, he uses his thrusting to open her heart, to magnify love. It is a subtle matter, involving a wide range of pelvic and genital motion as well as a keen sensitivity to energy flow and the nuances of trust and love.

As a starting point, practice feeling the energetic differences between shallow and deep thrusting. Shallow thrusting means moving the head of your penis from your lover's vaginal opening to about three inches or so inside her vagina. Moving in and out at this shallow depth stimulates the clitoral area as well as her G-spot area. Furthermore, by denying her deep penetration, your shallow thrusting creates a desire in your lover for the energy of deep thrusts.

Deep thrusting means entering your lover as deeply as possible. For most men, this means that the head of the penis thrusts near her cervix. Besides stimulating cervical orgasms, deep thrusts allow your lover to feel profoundly penetrated by your love. This deep penetration of love—physically, emotionally, and

spiritually—is the essence of the masculine sexual gift. If and when your lover is ready, you can enter her so deeply that she has no choice but to receive you utterly, surrendering and opening without limit as love.

Try different combinations of shallow and deep thrusts while making love. In general, especially near the beginning of a love-making occasion, shallow thrusts should outnumber deep thrusts. A good rule to follow while you are developing sensitivity is to use about nine shallow thrusts followed by one deep thrust. Once you can actually feel the currents of energy flowing between you and your partner, frequency and depth of thrusting become obvious and spontaneous matters.

While you are thrusting shallow, feel as if you are priming your lover's pump. Her desire to receive you deeply increases as she is stimulated superficially but denied deep penetration. Likewise, you may build up a desire to plunge in as deeply as possible and really pierce your woman to her core. By not succumbing immediately to these desires, you create an energetic vacuum that begins to suck you and your partner into the deepest giving possible, beyond what you would otherwise tend to give of yourselves. This combination of many shallow and a few deep thrusts also creates a physical vacuum inside your lover's vagina, producing a unique sensation alternating between suction or yearning (during shallow thrusts) and fullness or merger (during deep thrusts).

During the deep thrusts, visualize or feel your penis extending far beyond its actual physical length. As you enter deeply into your lover, it is as if the energy of your penis extends through her cervix, through her womb, up through her heart, and perhaps even up through the top of her head. Hold yourself deeply within

her, feeling her loving reception of your love, while you remain motionless, yielding your sense of separation, giving yourself completely to your lover and through her, so that you are gone in the giving.

Your giving of love and penetration of her heart may become so complete that no sense of separation remains, for you or her. Feeling her completely, you are willingly giving yourself in love. You are pervading her body with your consciousness and energy, feeling through her, taking her beyond herself as both of you are undone in love.

When you enter her with your unrelentingly deep yet totally trustable force of love, she can practice surrendering fully—physically, emotionally, and spiritually. Her vagina opens in pleasure. Her heart widens in love. Her love-bliss unfolds in response to your conscious entrance into her deepest, most hidden chambers of love. To open so completely, she must feel the *trustable* force of your body, your love, and your consciousness. She must be *tenderly* and *deeply* penetrated by all three of your masculine sexual gifts—penis, heart, and consciousness—before she will fully reciprocate and offer you her most profound devotion and surrender.

As you practice over time, she will feel the strength, care, and persistence of your love as you yield your separate sense of self and enter her deepest parts in physical, emotional, and spiritual unity. She can open her vagina, heart, and soul with complete abandon, receiving the obliterating depth of your loving, and both of you will be blissfully vanished in sexual self-yielding.

In addition to helping you and your partner open in love, an assortment of thrusts can help magnify and circulate the sexual energy flowing between you. A variety of thrusts may include

shallow and deep thrusts, but also churning, twisting, rotating, and vibrating styles of thrusting, as well as thrusts directed toward specific areas of her vagina. For example, following a deep thrust, it is sometimes very useful to vibrate deeply inside your partner, so that your penis is moving back and forth only a fraction of an inch, but at a very fast rate.

In order to determine what types of thrusts to use, feel your partner's energy. Is it rising deliciously up her spine, causing her back to arch? Is it descending fully down her front so her vagina is pulsing with power, squeezing, sucking, and churning? Or is there a deficiency of downward energy, robbing her vagina of life so that it feels slack and passive? Is there too much energy stuck in her head, causing her face to be tense and her legs to be empty? Is her pelvis moving smoothly with the flow of energy, or does it seem rigid, ratchety, or stuck? Are her belly and chest tight and resistive, or do they feel soft, open, and receptive, welcoming your body to melt into hers? Use whatever thrusts serve to open your lover more deeply, as well as to stimulate and circulate full life energy throughout her entire body and your own.

To choose the appropriate style of thrusting for the moment, consider your lover's capacity to receive love. If your lover is in a closed mood, feeling hurt and shut down, then you are not likely to elicit a great response from suddenly thrusting deeply within her. Instead, you will need to use only careful, gentle, shallow thrusts, slowly opening her, showing her you are trustable, and coaxing her heart to receive your loving more deeply. Only after a prolonged period of shallow and caring touches of love will she be ready for the full force of your loving, perhaps pressing into her cervical area.

The important point is not whether you should thrust shallow or deep, but whether you are skillfully circulating energy and opening yourself and your partner to deeper loving and awareness. In the fullness of love, no holds are barred. Until then, make sure your lover really wants you to thrust deeply before you cross any physical or emotional barriers that may not be ready to relax.

23 CONNECT THE CERVIX AND PENIS

Often, men ejaculate too quickly and women are unable to receive deep love-penetration. Thus, the clitoris has become the focus of some women's sexuality. But for many women, the cervix holds a key that unlocks the physical and emotional doors to truly spiritual sexual union.

If a couple's sexual organs are of compatible size, the head of a man's penis, when fully inserted, fits firmly against a woman's cervix. However, vaginas and penises vary in size from person to person, so couples may have less than perfect compatibility between their sex organs. For some couples, the penis might penetrate through the cervix into the uterus if the man thrusts hard enough. For other couples, the head of the penis falls short of the cervix no matter what position the couple takes during sex. Careful experimentation will teach most couples how to accommodate the size and shape of each other's genitals.

Couples often need to experiment with different sexual positions to find the best posture for penis-cervix contact. If the vagina is shorter than the penis, the woman and man may lie belly to belly during sexual intercourse, with the woman keeping her legs pressed together. This posture prevents the man from entering too deeply and painfully beyond the woman's cervix. If the vagina is longer than the penis, the woman may need to lie on her back and place her legs on the man's shoulders while they are facing each other in order for him to enter deeply enough to contact her cervix. For some couples, the "doggie-style" position, with the woman kneeling and the man

entering her from behind, is the best position to use for cervical stimulation by the penis.

Pay attention to how you feel when the penis is in contact with the cervix. If the penis is motionless against the cervix for too long, the man may eventually begin to lose his erection and the woman may begin to feel less aroused. This is due not only to the lack of movement, but also to the equilibrating effect of the energy flowing between the cervix and the head of the penis.

Separate the penis and the cervix just a bit and feel the shift in energy. Practice feeling the difference between cervical contact and more shallow genital contact.

Build up a force of sexual energy by using shallow thrusting. Take care that the penis does not contact the cervix. When both partners are filled with sexual energy, then slowly but firmly move so that the head of the penis contacts the cervix. At first, do this with your eyes closed so you can more easily feel the effects. Eventually, keep your eyes open, gazing deeply into your partner's eyes.

Either partner can vibrate so the head of the penis and the cervix quiver against each other, increasing the flow of energy between partners. The hot masculine energy from the penis is received through the woman's cervix and moves up the woman's spine while her cooling feminine energy is received through the penis and moves up the man's spine. Then, before you feel depleted or bored, separate the penis and the cervix and continue with shallow thrusting, remembering to circulate energy through your complete internal circuitry, up the spine and down the front.

Couples can experiment with different styles of contact between penis and cervix: forceful, gentle, sharp, slow, repeated

bumping, vibrations, just staying in place, or even penetrating through the cervix. Of course, any kind of cervical contact must be done with great care and sensitivity. At first, the woman should guide the man with her words. Remember that a woman's cervical area often stores the residue of old sexual and emotional traumas and stress, and, therefore, it may be quite painful for her when her cervix is penetrated or even gently touched by the tip of the penis. These old emotional stresses can be released as previously described before couples freely engage the energetic circulation and deep transmission of love through uninhibited penis-cervix union.

24 VIBRATE QUICKLY TO INCREASE AND SMOOTH OUT ENERGY

Many people limit their sexual motion to a few styles and speeds. Some of the more popular include gentle, fast and furious, aggressive, orgasmic, and calm. Although there are infinite numbers of potential motions during sex, one motion bears emphasizing. This is the vibrating motion.

Vibrating does not mean thrusting really fast. It is actually more like a bodily buzzing, like a vibrator. Imagine putting your hand on the hood of your car while the engine is running. This is what it feels like to vibrate during sex.

It takes time to learn how to vibrate your body. It is something like the motion of shivering, though you do it consciously during the heat of sexual embrace. Practice “shivering” with the muscles of your buttocks. This creates a vibrating motion in your pelvis.

This vibrating motion smoothes out your energy and your lover’s, magnifying but also dispersing the energy. Rather than a building-up sensation, vibrating serves to enlarge and smooth out sexual energy. Vibrating should be used periodically during lovemaking, whenever the energy becomes too intense or one-pointed.

If you are a man, practice vibrating your pelvis against, and your penis inside, your lover. Vibrating usually works best when the head of your penis is against your lover’s cervical area, but it is also useful when your penis is more shallowly placed, perhaps only a few inches into your lover’s vagina.

If you are a woman, practice vibrating your pelvis while your lover is inside you, thus surrounding his penis with vibrations.

As long as he knows how to circulate his energy, your vibrations will serve to smooth out his energy if he has become too goal-oriented and one-pointed.

Men and women can also vibrate their whole bodies against one another, especially the belly and chest. If you feel that your lover is holding his or her breath or is too tense, simply stop your thrusting motions and lie firmly against your partner, belly to belly. Vibrate your open chest and soft belly against your partner's. Breathe deeply and steadily while you vibrate, never holding your breath. Feel your partner's energy loosen and open with your vibration.

When your partner's body feels soft and relaxed, like love-jelly, then you can resume other motions to increase and circulate energy. Throughout your lovemaking, allow your body to remain liquid and pliable, rather than rigid and stiff. Periodically, you can vibrate against your partner—just through your genitals or with your entire body—to help keep both of you soft, alive, and lovingly vibrant.

25 RELAX YOUR BODY AND BREATH

If you have ever seen a great athlete perform, then you have seen grace in motion. Great athletes remain deeply relaxed, even when they are very active. This combination of relaxed ease and skillful activity is the hallmark of bodily genius. The same quality of graceful fluidity can be found in great musicians, singers, and dancers, as well as basketball, baseball, and football players. Spiritually evolved individuals, such as saints and true mystics, often evidence a uniquely graceful economy of movement.

As your practice of enlightened sex develops, your movements become more and more like those of a great athlete, dancer, or saint. Rather than flail like a worm in a frying pan, you move more like the waves rolling across an ocean—powerful, serene, and vast. Your heart opens through your body and beyond, so every movement is generated by the force of love. Your belly and genitals are full of energy, and all action emanates from your energy-full lower belly. Your tempo of thrust and spine undulates with the rhythm of your inhalations and exhalations.

With practice, deep consciousness pervades every stirring of your belly, breath, and heart. It is as if your sexing is the play of ripples on the surface, but the deep ocean currents are its source. The deep of consciousness unfolds through your belly, breath, and heart, and this is enlightened sex: consciousness unfolding through the body as love.

Unless consciousness can pervade your body, love will not prevail. If your body is kinked by tension, the immense force moving through you cannot unfold as love. Rather, it will unfold

in the shape of your kinks.

If you are afraid of anger, for instance, this fear will be shaped as a kink in your body. As sexual energy becomes magnified, it will echo in the shape of the kink. Your fear of anger will become greater. Your breath will become shallow and your body will tighten. Tension will increase and the flow of love will decrease. Because of energy echoing in the shape of your kink, you may automatically react to your partner's passionate or aggressive expression of lovemaking as if it were an angry violation of your boundaries, even when it is only a playful expression of love.

As we learn to open fully in the play of enlightened sexuality, we must remember to keep the body relaxed, so love can flow fully through all our parts. Tension causes love to kink into fear. Tension obstructs the energy magnified through sex, energy that would otherwise be used for transmitting love to our partner and beyond. The more relaxed our body remains, the more our sexual motions reflect the vast consciousness that is the source of our being. The more fully our breath circulates through our body, the more our love can unfold through every gyration and moan.

However, a relaxed body does not mean a limp body. An open body is not a passive body. Consider an athlete or dancer. He or she is very active, full of great force and dynamic energy. And yet, his or her movements are relaxed, at ease, and graceful. Over time, you can develop this capacity during sex, so you are simultaneously powerful and relaxed.

Pay special attention to keeping your body relaxed as the energy builds during lovemaking. If you notice your forehead crinkling, smooth it out. If you notice your jaw clenching, relax it. If your belly and chest become hardened, allow them to be soft and open. Keep your whole body fluid and alive. Allow your

energy and power to move through you without clamping down the body.

Allow your power to be wide and round, rather than narrow and one-pointed. If your thrusting becomes rigid and knifelike, round it out into the form of a huge crashing wave. If your shrieks become sharp, open them into full-throated moans. If your limbs go stiff, move them with the slithering power of big snakes. Without decreasing the force of your energy, allow it to flow like huge water, rather than like a monster robot. Your strength can be that of a waterfall or a giant redwood tree, rather than that of a metal pole or concrete slab. You are alive and filled with energy, not dead and rigid.

Your breath fills your body with life force. Just as blowing into a balloon fills its limp rubbery skin with pressure, or as wind fills the sails of a huge ocean vessel, so your breath fills every inch of your body with energy. Your movements ride on this force of breath.

When you practice enlightened sex, the large movements of your pelvis and spine ride the rhythm of your inhalation and exhalation. And even your smaller movements—kissing your lover's neck, for instance—are done at the right moment of breath in order to transmit the most love. You must feel and learn what the right moment of breath is, and this is done by remaining aware of your breath and the flow of energy during lovemaking.

Imagine a place about two or three inches below your navel. This is your center of movement. Every movement of yours can feel connected to this place, as if the impulse to move even your fingertips emanated from this area in your lower belly. Move from your lower belly, and allow all motions to unfold as love through your breath.

If you are spreading your legs wider, for instance, allow this action to originate from your lower belly. Drop your attention and awareness to your belly, to your center of power and movement, two or three inches below your navel. Feel this area below your navel. Inhale and feel your belly rising with your breath, pushing outward. Feel your hips and upper thighs separating with this motion.

Widen your legs in synchrony with either your inhalation or your exhalation, whichever feels more open, natural, and easeful. Do the motion itself as an act of transmitting love to your partner. As if kissing a child, allow your action to communicate total love. As if massaging a stiff muscle, offer your motion with the conscious intent to open your partner even wider into love.

With practice, your body, breath, and heart will become synchronized with your partner's. A coherence will develop between the two of you, magnifying your life force and depth of loving beyond what you could manage alone. As you both relax through your kinks, fears, and resistances, love will pervade you to a profound degree, until your bodies become as waves in an immense ocean of love. The power of love will express itself naturally and spontaneously through your relaxed breath and body as the play of your sexing unfolds from greater and greater depths. The grace of your lovemaking may provide an opening through which eternity can flood its hello.

26 MAKE LOVE FOR AT LEAST FORTY-FIVE MINUTES

Sex is enjoyable in various portions. Sometimes you just want a quick dollop of passion during lunch hour. A brief ravishment in the car can move your energies and awaken your hearts for the remainder of the day. There are many times when a short sexual occasion is just what you and your partner need. However, sexual occasions of long duration can be the mainstay of your sexual practice.

As animals, our bodies are built for sex. Upon stimulation, we get hard and wet and want it more and more. We touch, couple, and gyrate like writhing mammals of love, finally convulsing in an orgasm. Our penis spews seed. Our cervix dimples and sucks sperm toward the waiting egg. This kind of sex is best for making babies. Two minutes or ten minutes, it really doesn't matter too much if our desire is to procreate.

But if our desire is to circulate healing energy through our bodies, loosen the tightened knots around our hearts, and surrender into open communion as love, then we can practice sex for longer periods of time.

Something happens to the energy of the body after about forty-five minutes of sexual intercourse. Our urgency smooths out. Our tension eases into an open love. The wrinkles of the day flatten into a calm sea that washes through us in a bigger way than a normal orgasm ever could. For many people, the fullest sexual potential starts after about forty-five minutes of active loving.

For women especially, the sexual occasion is one of gradual heating to the boiling point. Deep cervical orgasms, for instance, typically don't emerge until after forty-five minutes or more of

sex. And for many men, the urge to ejaculate is strongest after two to ten minutes of sex. If a man can continue making love without ejaculating for forty-five minutes, his body reaches a plateau of energy. He can then more easily sustain a high intensity of lovemaking for a long time, enjoying multiple, whole-body orgasms without ejaculating.

The knots of tension that obstruct energy and block the heart are usually not opened by a short sexual session. These knots often require the steady and persistent circulation of energy that only a longer session affords.

These very knots can sometimes keep us from long and leisurely sexual practice. Our sexual energy builds in our body as we make love. Then the knots act like dams, blocking our internal energy flow, forcing us to spill out our energy in ejaculations, hoots, hollers, and convulsions of tension and release.

If, instead of overflowing, we steadily practice to open the dams of our tension, then the knots can open. Our deep heart-energy can flow throughout our body. Relaxing as love's bright flow, our body is unbound from the force of fear that tied the knots to begin with.

Every time we experience fear or hurt during the day, we tie our internal knots a little tighter. Unless we are very conscious and learn to breathe and circulate energy throughout the day, we end up accumulating a remarkable storehouse of tension within our body. The stock market takes a plunge, and the fear of loss ties a knot within. Our child is late from school, and fear ties another knot around our heart. Our lover threatens to leave—or insists on marriage—and another knot of fear tightens through our gut and chest. Fear—along with the anger, worry, and grief that result from fear—is stored in every knot.

Mediocre lovers find it easier to spurt and shimmy away sexual energy than to open their internal knots, which would allow their energy to circulate in a much more profound and blissful depth. They can't sustain the practice of circulating love's energy through their knots. Why? Because to circulate love's energy, they would have to loosen their knots and, in doing so, release the fear stored within them, which often creates panic, nausea, or even moments of relived trauma. Mediocre lovers are afraid of letting go and *feeling*. They are afraid of feeling hurt, rejected, abandoned, taken advantage of, and ripped off; they are even afraid of feeling loved. To circulate energy freely throughout the body and heart requires that we feel, embrace, and open, loving our fears, moment to moment. Surrender is the texture of loving even while afraid.

Long sexual occasions are not simply a means to greater physical pleasure, although certainly the fathomless ecstasies that arise deep into a long session of loving far surpass the surface flash of an early orgasm. Beyond sheer enjoyment, sexual occasions of forty-five minutes or more are often necessary for opening the body and heart to the fullest potential of human love and intimate communion. Otherwise, the knots in our body and heart detour our loving into brief excursions of shallow pleasures.

As a practice for a month, try having at least one occasion per week of continuous sexual intercourse that lasts forty-five minutes or longer. Vary the depth, style, and position of sexing to allow the body to remain relaxed and open. Use the breathing techniques and upward tension of your pelvic floor (discussed earlier and explored fully in Part Four) to circulate the energy and bypass ejaculative or weakening orgasms.

Be wary of misinterpreting symptoms. Sometimes vaginal soreness or a lost erection are signs of emotional knots being

tweaked. Don't assume that the only solution to discomfort or lack of interest is to stop having sex; instead, continue making love with sensitivity and care while circulating energy through your fears and tensions.

Do your best to make love while any and all emotions are fully felt and expressed. Don't be afraid to verbally express the strangest emotions. You might find yourself shouting "I hate you!", "Kill me!", "Fuck you!", or any number of emotionally charged and seemingly negative expressions. Feel fully whatever you are feeling and continue having sex, loving whatever emotions arise, while also feeling your partner's heart. Circulate your energy through any knots of tension you encounter, until the knot is loosened or thoroughly untied. Make sure that you and your partner have a way of communicating "Stop!" in the event that you reach a limit you are not yet ready to breathe and love through.

Eventually, after weeks or months of long lovemaking sessions in which you are practicing sex through all the knots you encounter, your body will be much more emotionally open. Your sexual energy will flow more fully and freely, without getting stuck in kinks. This free energy and emotional openness will help you to remain more fully conscious of your true depth of being, rather than be stopped short by the knots of your thoughts, fears, and desires.

As you learn to rest more easily in your true depth of being, spiritual profundity will replace sexual tension. An endless ease of being will grow more obvious even in the midst of passionate loving.

Unbound from chronic tension, your energy and consciousness are more available for continual practice. You are able to

love all emotions that come and go, feeling through your kinks to your partner's heart more swiftly and consistently. Sex becomes an ongoing, conscious, whole-bodied participation in a profound ease and openness of being, in trusting communion with your lover, even while your body and emotions go through their twists and turns. Your practice thrives in the midst of tangles.

The glow of your sexual embers is no longer caught in the jumble of your kinks, but luxuriates brightly through them, a white-hot love without bounds. Your knots are made transparent, as are your edges. You and your lover are melded as one heart and then vanished to everywhere at light's speed.