

Part Four: *Sexual Energy Exercises*

Spontaneous openness and skillful practice go hand in hand to unfold joy in the way of enlightened sex. This section presents specific exercises to restore the natural flow of energy through the circuitry of your body so love can have its way. These exercises are universal in the sense that they have been discovered and rediscovered for thousands of years around the world, in China, Tibet, Japan, India, Europe, and the Americas. To make them effective, you must discover, and in every moment rediscover, these exercises for yourself. Practice them afresh, on the basis of your own revelation. Make these exercises your own.

The exercises work. But you have to *do* them, especially when your superficial habits of kink and closure attempt to reassert their hold on your deep loving. It's important to play with these exercises, sensitively fine-tuning them to untie your specific knots and unbind the natural flow of your sexual energy. For best results with all these exercises, combine stalwart self-discipline with moment-to-moment freshness, delight, and a large dollop of intuitive creativity.

While doing these exercises, remember this principle: The *power* of sexual energy flowing between lovers is usually determined by the feminine partner's openness to love and pleasure; the *depth* with which sexual energy flows between lovers is usually determined by the masculine partner's capacity to circulate energy consciously.

That is, sexual energy itself—its flavor, texture, and power—is a feminine gift. Where that sexual energy goes, or how it is used, is a masculine gift. Of course, we are each free to choose, moment by moment and year by year, when we might enjoy offering our more masculine or more feminine sexual gifts, regardless of whether we are man or woman, gay or straight.

If unbridled ecstasy can't fully express itself through the feminine partner's body, then sex will become cold, staid, and uninteresting. If the masculine partner is unable to move the couple to ever deeper revelations of love, surrender, and divine communion, then sex will become frustrating, amateurish, pathetic even, just a tease of its full potential.

Each of us has both masculine and feminine capacities within us. Therefore, each of us can *magnify* sexual energy (feminine) and *direct* sexual energy in specific ways (masculine). Yet, in any particular moment of sexual union, one person is usually playing the more feminine force of radiant power while the other is playing the more masculine force of present intentionality. One is being more attractive; one is being more directive. If this sexual polarity is denied or repressed—in either homosexual or heterosexual relationships—lovemaking tends to lose passion and depth.

When the exercises presented here get off the paper and into your bed, something curious may happen. As the sexual energy builds, the more feminine partner may forget to do the exercise you both set out to do. As love opens your hearts into ever widening joy and unbearable pleasure, the feminine partner often swoons in ecstasy too much to be concerned about some technical way to breathe or move energy.

Luckily, this works out fine because the masculine in each of us usually enjoys deepening and perfecting practices for growth.

During sex, if the masculine partner does an exercise deeply, with full presence, sensitivity, happiness, and skill, the feminine partner (if sufficiently open) will usually resonate quite effortlessly to the same depth. Sexually speaking, when partners respect, honor, and trust each other in love, the feminine flows where the masculine goes.

Therefore, if you are playing the feminine partner, don't worry if you become so blissfully open during sex that you don't remember to practice the technical breathing exercises that are presented here. Just relax into the natural pleasure of your body. Express your trust and pleasure to your partner when he is practicing well, and don't inhibit your expression of pain or boredom if he is not. Open to your own loving. Open to your partner's loving. Then open for the sake of love itself. Practice receiving love and energy into every part of your body, breath by breath. Surrender yourself utterly to be moved and breathed by love. Love will have its way.

These exercises may seem complicated at first, but they are simple once you've practiced them. As with learning to drive a car, at first you may feel overwhelmed by the details. How can you pay attention to the road in front of you while also checking your rearview mirror, knowing if the lanes are clear to your right and left, keeping an eye on your speedometer and gas gauge, figuring out when to accelerate, when to brake, and God forbid you should have to learn how to use a clutch and shift gears at the same time! But with a little practice, what first seems complicated becomes virtually effortless. And so it is with these sexual energy practices.

Practice as much of each exercise as you can remember, then review it again before your next opportunity to practice. Practice and review, practice and review. In time, you will be ready to

expand beyond the fundamental practices described here because they will seem so easy—and so effortlessly blissful.

27 BREATHE SEXUAL ENERGY IN A CIRCLE

For many people, sex typically involves stimulating the genitals to experience pleasure. If this stimulated energy builds up beyond a certain point, most people can't contain it any more, so they release the energy in orgasm.

This is a very primitive and undeveloped form of sex, although it is the one with which most people are familiar. During this form of sex, it often feels as if the sexual energy wants to go down and be released outwardly. In most women, the energy accumulates and then is let go in waves, with the genitals and hips thrusting in fits of undulating release. In most men, sexual energy increases down in the genitals and then wants to be released outwardly in an ejaculative burst.

To move beyond this rudimentary heave of stimulation and release, you can learn to dissolve internal blocks, sustain much higher levels of pleasure than ever before, and circulate sexual energy in a way that gives the whole body an orgasm that fills, rather than depletes, your energy reserves. The first step in learning to do this involves allowing your internal sexual energy to circulate freely.

As described in Part One, when your natural internal circuitry is open, a main conduit of your energy moves in a circle, up the back of the body and down the front. During sex, your energy moves from the genitals back and then up the spine, fills the head, and then comes down the front of the body, through the tongue, throat, heart, solar plexus, and belly, back to the genital region, completing the circle.

In the practice of enlightened sex, you can learn to enjoy deeper genital orgasms, spine orgasms, brain orgasms, heart orgasms, and whole-body orgasms. You can magnify your internal energy to such an intensity that you are saturated by light far more blissful than any typical ejaculative or clitoral orgasm. You are able to surrender yourself fully through sex, to be obliterated in huge loving, for hours at a time, so your separateness is melted in the force of love that moves the universe. Sex becomes a means to help liberate the body and mind from limiting habits so you are able to open to your heart's most authentic and radiant truth, bursting to give your deepest gifts all day, at work, in relationships, and in meditation.

We will look at practices for circulating your sexual energy through your natural internal circuitry in stages.

It is fine to start off practicing these exercises while your partner is masturbating you or having genital intercourse with you, but it is often easier to learn to do the exercises while masturbating yourself. Eventually, you can practice these same exercises while making love with your partner.

First, practice to develop sensitivity to your internal energy itself, relaxing the body as much as possible. Tension in the body will decrease the flow of energy and mask the subtle currents of flow and movement that you need to feel in order to artfully circulate sexual energy. *Breathe full and deep.* As we will see, your breath can be used to help magnify and move energy. At the beginning, though, just practice keeping the breath full while you masturbate so you don't obstruct the energy in your body.

While masturbating, concentrate on feeling the energy as it builds up in your genital region. Where does this sexual energy come from? Where is this energy "stored"? Can you feel the texture of

this energy and in which direction it is moving? Is it sharp, hot, cool, pulsating, or constant? Does it fill your abdomen, or just your genitals?

As you approach orgasm, you may feel the energy “trying” to flow out your genitals in an orgasmic spasm of release. Instead of allowing this pleasurable release of energy down and out your genital region, you will practice to reverse this flow, from your genitals back and up the spine. So, for now, do not masturbate to the point of orgasm.

Don't worry if you can't feel the subtleties of your internal sexual energy flow. Some people are more sensitive than others to the details of the flow of their internal energy. They are able to discriminate tingles from currents, upward from downward. Other people are only aware of being sexually turned on or turned off. With practice, everyone can become more sensitive to the flow of internal sexual energy. In the meantime, don't worry if you're not able to feel the subtle details of your internal energy flow — the exercises will still work.

28 BREATHE GENITAL ENERGY UP

While masturbating (or having sex with your partner), feel the energy build in the lower region of the body. When you feel a lot of sexual energy in the genital region, but still long before you would normally have an orgasm, contract your pelvic floor—including the genitals, perineum, and anus—and pull upward. (The perineum is the area between your anus and genitals.)

Tense or squeeze the muscles of the genitals, perineum, and anus as if you were trying to stop your urine flow. This upward contraction of your pelvic floor is known in yogic terms as *mula bandha*. In medical or therapeutic terms it is known by many names, including PC or Kegel exercises.

This contraction is not simply a squeeze but also involves an *upward tension* of the entire floor of the pelvis. If you are a man, this might feel like pulling your testicles up toward your body. If you are a woman, this might feel like squeezing an egg from the opening of your vagina up toward your cervix, or like an elevator moving up.

There are two basic ways to practice this upward contraction. One way is to contract the pelvic floor and hold the contraction for fifteen to thirty seconds while continuing to breathe normally. The other way is to contract and release the pelvic floor in rapid, rhythmic pulsations while breathing normally. Practicing both of these methods will help you train yourself quickly. You may practice for several minutes at a time, three or four times a day, as well as during sexual sessions. Rest if you feel tired. Don't overdo it.

During sexual stimulation, practice this upward pull of the pelvic floor—either as one long hold or as a cycle of quick contractions and releases—especially as your energy builds toward orgasm. Over time, as you develop sensitivity to the sexual energy flowing through your body, you can begin directing energy up your spine. For some people, this involves visualizing light or energy moving up the spine. Others feel the energy as a physical sensation, like heat, rushes of movement, a tingling thrill, or bubbles in champagne rising up the spine.

While you contract your pelvic floor, breathe through the nose as you feel the energy moving from your genitals backward and then up along your spine, rising with the gentle force of exhalation.

Sometimes practice *exhaling* up the spine. Other times practice *inhaling* up the spine. Become sensitive to what works best for you and when. At all times, though, your energy moves in a circle up your spine and down your front, regardless of how you coordinate this circulation with your breath.

With practice in breathing up the spine and contracting your pelvic floor just before you orgasm, you may be able to feel orgasm energy shooting up your spine and radiantly exploding through your head, rather than being released out your genitals. A brain orgasm that has risen through your whole body is much more pleasurable and rejuvenating than an orgasm that takes place solely in your genitals.

During a brain orgasm, it feels as if sexual energy rushes up your spine and explodes as light in the middle of your head. Then it pours down throughout your being as a healing rain of pervasive love. Sometimes during a brain orgasm, the energy will shoot out the top of your head, so you are light only, before descending back down into the body, saturating every cell with the vibrancy of bliss.

In addition to practicing the upward contraction of the pelvic floor while breathing up the spine during masturbation and sex, you can practice this exercise throughout the day to assist your natural energy flow, up your spine, through your head, and down your front in a circle. You can practice while walking down the street, while resting in bed, or while sitting at your office desk. Nobody needs to know.

29 BREATHE ENERGY DOWN THE FRONT

The natural and most healthy way for your internal energy to flow is in a circular path, up your spine and then down the front of your body. When this flow is reversed, you will feel energy moving up the front of your body. This reversed up-the-front flow of energy might manifest in many ways:

- When you become angry, your face may redden, your eyes may bulge out, and your head may feel like it is about to explode.
- At times you may become nervous and find yourself chatting away, seemingly unable to stop.
- On occasion you may become worried about something, mulling and cogitating, perhaps even unable to maintain an erection or become vaginally lubricated and relaxed.
- Energy flowing up your front may also manifest as digestive problems, tension in the jaw, and headaches.

When your energy flows in the natural way—down the front of your body—then your head relaxes and your belly and genital region fill with energy, increasing your sexual vitality and strengthening your personal power throughout the day. Your personal power is your capacity to act creatively, in spite of the challenges that may face you in life and relationship. True personal power is the force of love. It is your capacity to bring love into a world or relationship that may be characterized in the moment by fear or resistance.

To enlarge your sexual capacity and personal power, practice drawing energy down the front of your body throughout the day,

while sitting, standing, walking, or lying down. It is often easiest to begin this practice while lying on your back with your hands resting on your belly, your knees bent, and your feet flat on the floor.

For most people, it is best to draw energy down the front of the body while *inhaling* through the nose. (You may want to experiment by drawing energy down your front while *exhaling* in order to determine which way works best for you.) *While inhaling, feel as if energy is being drawn down the front of your body, from the top of your head down into your belly and genitals.* Your belly can expand with every inhale, as if you are becoming pregnant with energy. Then your belly can contract gently inward as you exhale energy up your spine.

Unless otherwise indicated, keep your mouth closed and the tip of your tongue pressed gently against the roof of your mouth as you inhale and exhale through your nose. Your tongue provides a bridge across which energy can flow from your head down through the front of your body: throat, heart, solar plexus, belly, and genitals.

As your belly expands and you inhale energy down the front of your body, feel as if your genitals and lower abdomen receive and accumulate energy. It is as if you are recharging a battery in your lower body. Eventually, after several weeks of practice, you may be able to arouse your genitals or revitalize your personal power simply by consciously inhaling energy fully down the front of your body.

You can also help your partner strengthen his or her practice of inhaling energy down the front of the body. *Start with your partner lying on his or her back with knees bent and feet flat on the floor. Put your hand on your partner's belly just below the navel so that your palm is flat against the flesh. By vibrating your hand slightly or moving it in a circular motion on the lower belly, help your partner soften and relax the belly. Then, with your hand still gently massaging or vibrating your partner's belly, guide him or her to inhale and draw breath and*

energy down the front and into the belly. As your partner inhales, the belly should fill with breath and your hand should rise as the belly becomes pregnant with energy, full, and round.

If you both feel it is appropriate, you can move your hand from the belly to your lover's genitals. Your gentle touch on your lover's genitals may help your lover remember to draw inhaled breath energy down his or her front, through the lower abdomen, all the way to the genitals and pelvic floor.

Another good way to assist your partner in learning to move energy down the front is by using your hands to stroke down the front of your partner's body from the heart to the lower belly, during sex or at any time. You can use this technique if your partner's face is getting red with the heat of anger or passion rising the "wrong way," up the front of the body toward the head. You can bring this hot energy quickly into proper downward circulation by lovingly stroking down the front of your partner's body, as if coaxing the energy to move down the front, like a waterfall of molten lava, rather than up the front, like a hot geyser.

Over time, as you practice breathing energy down the front, you will become aware of a growing center of power residing in your lower belly. As you accumulate energy in your belly through proper breathing, you will be able to meet the obstructions in your daily life with greater energy, and give your gift with gentle but persistent force, humor, and emotional perseverance. You will be able to transmit healing energy by directing it through your heart, hands, eyes, and genitals. You will be able to embrace your lover with tremendous sexual potency, softness, stamina, and loving surrender.

As paradoxical as it might sound, most people need to strengthen their bodies before they will surrender fully. Once your

personal power is strengthened and your belly is full of life force, you can relax physically and emotionally without fear. You can let down the defenses around your heart, certain that your surrender and opening is based on strength rather than weakness.

As your personal power grows, you begin to realize a continuity of energy: the life force you are breathing through your body is the same unlimited life force flowing all around you and also through your partner. By surrendering, by opening to love and magnifying the flow of energy in sexual embrace, you open directly to a boundless and universal flow of energy that circulates throughout your body.

True surrender is true power: the love-force that moves the universe is also the love-force that breathes your breath and beats your heart. When fear dissolves, you no longer separate yourself from this single flow of immense force. Love is continuity with infinite life force, a oneness of being with no separation. Opening sexually is opening to this flow of life force. And love is the key to this opening. But before you can trust love, you need to be strong enough to relax.

Besides increasing sexual energy and personal power—thus enabling you to surrender in love more deeply—breathing energy down the front of your body brings equilibrium to agitated thoughts and emotions. Your face, jaw, heart, and belly open and relax in the natural downward flow of energy. Unnecessary chatter slows down, anger is cooled, and tension is eased. When you practice opening the entire circuit of internal energy, breathing energy up the spine and down the front, you will naturally create a proper balance for a life of vitality and relaxation, incarnated love and transcendental bliss, both sexually and in everyday life.

30 SEAL YOUR PELVIC FLOOR

The natural circuit of sexual energy flows from your genitals up your spine and into or through your head, then back down the front of your body, down to your pelvic floor. During sex and throughout the day, you can learn to seal the entire pelvic floor—including the genitals, perineum, and anus—so your magnified energy doesn't leak out at the base.

Sealing your pelvic floor and drawing the stimulated sexual energy up your spine at first requires an upward muscular contraction of the anus, perineum, and genitals, as already described. Eventually, the buttocks and anus remain more relaxed, and only a slight upward tension is applied in the genital and perineal region. Over time, even this slight upward pull becomes more and more subtle, evolving into a practice of conscious intention—merely feeling and intending the energy to move up the spine from the genitals—rather than a physical exercise of muscular contraction. Finally, these practices occur spontaneously.

As you begin to practice, the upward contraction of your pelvic floor helps to contain your energy within the natural circuitry of your body so that it flows up your spine and down your front, during sex and throughout the day. As your practice deepens and your sensitivity increases, you will naturally discover other ways to make conscious use of your pelvic floor:

1. *Learn to bounce energy off your pelvic floor.* This practice can be done while masturbating, while having sex with your partner, or at any time during the day. Inhale deeply down the front of your body for several cycles of breath (each cycle consists of an

inhale and an exhale), feeling energy accumulate in your lower abdomen and genital region.

When the energy in your lower belly feels full, draw it forcefully down to your pelvic floor with an inhalation, and then with an equally strong exhalation and contraction of the pelvic floor, bounce the energy up your spine. The contraction of your pelvic floor moves your energy upward as if your energy were bouncing off a trampoline.

At first, you should feel a movement of energy up your spine and perhaps a pleasant sensation of gentle pressure in your head. Eventually the upwardly shooting energy may explode in colors inside your head, or it may even shoot out the top of your head in a rise of bliss before descending into your body as a sublime pressure of love. During these practices, your head may open and feel as if it's turned inside out. Simply relax, breathe fully, and offer love through your entire body, even during unusual experiences such as this.

2. *When you are proficient at moving energy in your own body, practice bouncing energy from your pelvic floor up your partner's spine.* While having sex, draw several slow and full inhalations down the front of your body to accumulate energy in your lower belly and genital region. Then, with a strong exhalation, contract your pelvic floor and, with intention and visualization, bounce the energy through your genitals upward through *your partner's* spine. *After the energy shoots up your partner's spine, remember to inhale the descending energy back down your partner's front.* In this way, you complete the entire circle of energy in your partner's body.

You may do this exercise by *visualizing* the energy moving from your own genital region up your partner's spine. Or perhaps you will actually *feel* the energy moving down your own front, bouncing off your pelvic floor, and up through your partner. For

now, while you become more sensitive to the flow of internal energy, simply *intend* the energy to move up your partner's spine, in coordination with your breath and the trampoline-like contraction of your pelvic floor.

This practice can be engaged while having sex or while embracing your partner fully clothed. At first, your partner may not feel much of your energy. But as the strength of your capacity to transmit energy increases, your partner will be able to feel the ascending energy very strongly. Your partner may swoon in this upward flow of energy, closing his or her eyes, making sounds of bliss, and even experiencing orgasms in the genitals, heart, and head—whether or not you are actually having sex. It all depends on the strength of your energy transmission and your partner's capacity to receive energy. Practice with patience, as it may take months (or weeks or hours) to develop sufficient proficiency.

At first, either you or your partner should practice this exercise while the other receives the results. *Eventually, you and your partner may choose to practice this exercise by simultaneously breathing energy up each other's spine and breathing energy down each other's front.* This simultaneous practice is particularly effective at loosening deep energetic blocks and restoring natural ease and full flow to the entire circuit of your internal life force.

3. During the day, notice if your pelvic floor feels “open,” as if energy were leaking out. *If your pelvic floor feels leaky, seal the energetic seepage with several strong contractions.* For instance, right after you urinate or move your bowels, your genital region or anus may still feel opened or uncontained. If so, after using the toilet, perform several strong upward contractions of your pelvic floor. Inhale fully, contract your pelvic floor, hold your breath for a moment, release the contraction, and then exhale. Eventually, you

may want to hold the contraction steady through several cycles of inhalation and exhalation before relaxing.

4. *If you begin to feel tired during the day, you can energize your body by inhaling and bringing energy to your belly, to your genital region, and down to your pelvic floor with several full inhalations. Then you can expand that energy upward throughout your body by contracting your pelvic floor and bouncing the energy upward with an exhalation. (Again, after experimentation, some people may find that it works better for them to bounce energy up the spine with an inhalation and bring energy down the front with an exhalation.)*

5. You can give a person energy from a distance for the sake of healing or revitalization without any physical contact at all. *Over the course of several full inhalations down your front, accumulate energy in your abdomen and genital region. Then bounce it to the person with an upward contraction of your pelvic floor combined with exhalation, visualization, and feeling-intention.* That is, along with the physical part of the exercise, lovingly intend your energy toward the person to whom you would like to give it. Feel the energy filling the person with healing and light. Once you learn how to accumulate and move energy, you will be surprised at the results. Although this kind of exercise may seem like wishful thinking at first, with practice, the transmission of energy becomes very powerful, effective, and tangible both to you and to others.

31 LOCK ENERGY IN YOUR SOFT PARTS

The “soft parts” of your body are the most important places through which to regulate the flow of internal sexual energy. In addition to your anus, genitals, and perineum, the soft parts include your throat and entire belly area.

Throat Area

As mentioned earlier, during sex it is important to keep the tip of your tongue gently pressed against the roof of your mouth in order to complete your internal circuit so energy can flow from your head down through the front of your body. In addition, the tongue can also be used to regulate a “diaphragm” located near the back of the throat. *With some strength, push the thick back part of your tongue up into the soft palate toward the rear of the roof of your mouth while you contract your upper throat.* If you do this exercise correctly, you will feel a pressure in your head.

By experimenting during your sexual practice, you can determine just the right moments to apply this tongue pressure to help move the flow of energy upward and temporarily seal energy in the head (for example, during brain orgasms). *After applying this energy lock, always remember to draw the energy back down the front of the body with a full inhalation and an expanding belly so the energy doesn't become stuck in the head area and create pain or tension.*

Belly Area

The solar plexus—the soft region in the center of the body, just below the ribs and above the navel—is another major energy

regulator. The solar plexus should, in general, remain completely relaxed. If energy is flowing unobstructed through your complete internal circuit during sex, you will experience a pleasant sensation of fullness in the solar plexus, as well as the whole abdominal region, as this entire area fills with sexual energy descending down your front.

Occasionally, you may want to emphasize the upward flow of energy along your spine, perhaps when you have accumulated too much energy in your genitals or when you want to experience a whole-body or brain orgasm rather than a genital orgasm. We have already described how to do this by using your breath, intention, visualization, and upward tension in your pelvic floor. The solar plexus and the entire belly can participate in this process, especially when the urge toward genital orgasm becomes particularly intense. We will look at two basic methods for contracting the belly and solar plexus.

The first method increases the upward flow of energy so that it fills the body. *Inhale energy up the spine while simultaneously contracting and pulling in your pelvic floor, belly, and solar plexus. Your belly and solar plexus move in toward the spine as you inhale (the opposite of their normal movement), then lift up toward the head.*

Your belly and solar plexus are not merely made hard and tense, but are actually made hollow or concave as you inhale, pulling inward and “scooping” upward during the contraction. Remember that normally your belly and solar plexus expand with your inhale, as energy moves down and fills the front of the body. This exercise of pulling inward and upward with your inhale is a unique practice for helping to convert genital orgasms into whole-body orgasms.

A second method can also be used for equilibrating genital energy and continuing to make love without an excessive urge toward ejaculative or depleting orgasm. First, exhale all your breath. It is important to exhale completely, so you feel no air remaining in the body at all. Then, while you are still empty of air, simultaneously contract your pelvic floor, belly, and solar plexus while pulling inward and upward at all these areas.

In other words, after a complete exhalation, hold the breath out of your body while applying inward and upward tension at the front of your body all the way from your anus to your ribs. Your belly is sucked inward—the entire area from your pubic bone to your sternum is concave. Hold this for as long as you comfortably can, while your breath remains held out. (For added effect, you may also apply the tongue pressure toward the back of the throat that we discussed previously.)

When you finally need to inhale, first relax the front of your body and then inhale slowly and deeply, allowing your belly and solar plexus to become large, soft, and round. It is good to maintain a subtle upward tension of the pelvic floor in order to seal the energy that comes down the front with your inhale.

While you are holding the exhaled breath out and your belly and solar plexus are contracted inward and upward, energy in your lower body will dissipate upward. Your excess genital stimulation will spread out as the energy moves upward throughout your body.

Follow this exercise with several cycles of full and deep breathing down the front and up the spine, circulating fresh energy in a smooth and even fashion. The intensity of your genital energy will spread wide, easing into a whole-body fullness and internal brightness.

All these exercises are best learned by making them quite muscular at first. While doing the throat lock, for instance, really push the broad part of the back of your tongue up toward the back of your throat. While doing the abdominal lock, really pull the belly and solar plexus inward and upward with significant force and strength. This takes practice, but over time it will become easy and effortless. You can feel the effects of these exercises on your energy immediately, and you will begin to develop a style that works best for you.

Once you know how to do the basic exercises with good results, you can experiment with making the motions more and more subtle. *Over time, the muscular contractions will become less and less outwardly obvious, as you are able to simply intend the energy to move in different ways through your body.* You will be able to feel and direct your internal energy, as well as the energy of your partner, by using subtle internal adjustments and eventually by means of simple feeling, breath, and intention. The muscularity of the exercises will decrease as you become more sensitive to the internal circuitry of your body and more adept at regulating the flow of sexual energy in your body.

Eventually, it becomes just as easy to regulate the energy flow in your partner's body as in yours. Then, with your intentions unified, you can heal one another through the mutual flow of energy, resting more deeply in the ongoing and effortless beauty of conscious love and radiant openness. With practice, sex becomes a full merger in the motionless peal of light, as all the channels in your body and your partner's body are opened and summarized as a single force of love.

CONCLUSION

Enlightened sex is rare. Even after learning how to make love, we will often refuse. We may blame our partner for not loving us, for betraying, rejecting, or ignoring us. We may blame our body for being too tired and the world for being too difficult and painful. We may blame the universe for denying us the right lover—or maybe our family and professional life require too much for us to surrender in the bloom of unbearable pleasure. We long for the same fullness of bliss that we never seem to have time to offer. We complain about our life and blame others, until we realize that right now, we *are* making love. Or we are *refusing*—right now.

No blame is necessary; no blame is useful. We are either offering love or refusing to do so.

Imagine you are with your lover, who is closed down and not willing to connect with you. First, feel your lover. Be willing to feel your lover more than you feel yourself. Feel your lover's rhythm of breathing, as well as his or her tension, posture, and mood. Look at your lover's face, and feel the history creased into his or her skin. Be willing to feel your lover's joy and sorrow, anguish and anger. Your lover feels alone much of the time, and yearns for more and truer love, just as you do. Your lover, too, often experiences himself or herself as separate and emotionally isolated, and blames others—perhaps you—for not loving him or her enough. Your lover can feel as trapped by life and abandoned by love as you do.

Whether it is you or your lover who seems closed down, your responsibility as a superior lover is to offer love. If your body is tense, then do your best to relax and offer love through your

body. If your breath is tight, do your best to breathe deeply and easefully, offering love by connecting your breath with your partner's. If you are occupied by your own emotions and thoughts, feel beyond yourself so you can fully feel your lover. Feeling fully is love.

Enlightened sex means to feel beyond your own body, mind, and emotions so you can feel your lover's. Then, feel even beyond your lover. Include yourself and your lover, but also feel outward to the horizons of every present moment. While making love, feel everything. Help your lover to open and feel by offering your own open feeling as a gift.

Enlightened sex means unlimited feeling. If we collapse our feeling onto ourselves, limiting our feeling to our own body, mind, and emotions, then we are not practicing enlightened sex.

When you have felt your lover's heart and body and breath, gaze deep into his or her eyes, which are portals to the soul. Sustain your eyes, body, and breath wide open. Even if your lover refuses, sustain openness. Your heart will want to close down to protect itself from the insult of your lover's rejection, but a protected heart is unable to feel. A protected heart is a limit on love. Unguard your heart over and over in the face of your lover's closure, rejection, and betrayal.

Like a reflex, your heart will close to protect itself when your lover pulls away or closes down. Practice to open and feel, even when your lover hurts your heart. In many short moments repeated frequently, reopen and re-feel your lover, and also feel beyond your lover. Actually feel your lover, then feel the space around your lover, and feel outward to the furthest reaches of feeling. This is how to train in enlightened sex. Over and over, notice you are refusing to love fully, then consent to love.

Notice you are holding back your feelers, then allow your feeling to enter deep into your lover's heart and to spread wide to feel all beings. Be willing to suffer your partner's and everybody's closure without closing yourself. And if you do close, remember to open again. Continually re-offer the opportunity for you and your partner to open together in love and feel all.

This choice to open and feel is our fundamental moment-by-moment practice in enlightened sex. Instead of focusing merely on our own pleasure, or reacting to our partner's coming and going, we train to feel through and beyond every experience. We don't avoid our own sensations and emotions or those of our lover. We feel them, but we don't stop there, perpetually fixated on thoughts and emotions. With training, our hearts become spacious, allowing room for embracing and making love with all thoughts and emotions, pleasures and pains, as they come and go. Even when our partner betrays us, we remember to open and feel, over and over. We may choose to change our behaviors—or our relationships—but such choices emerge from an open, feeling heart.

Light flows from our open heart. Our face becomes radiant with the flush of love. Our sexing becomes a dance of delight. Should we stub our toe, we may say, "Ouch!" And then we re-open and connect with our partner, feeling outward as love, again and again. This is enlightened sex, and the skills presented in this manual for being a superior lover are steps to help us learn the basic moves and rhythms so that the light of love may shine through our passion.

May our sex always flower as an offering of love's light.