

The Enlightened Sex Manual  
*Sexual Skills for the Superior Lover*

David Deida

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Although anyone may find the practices, disciplines, and understandings in this book to be useful, it is made available with the understanding that neither the author nor the publisher is engaged in presenting specific medical, psychological, emotional, sexual, or spiritual advice. Nor is anything in this book intended to be a diagnosis, prescription, recommendation, or cure for any specific kind of medical, psychological, emotional, sexual, or spiritual problem. Each person has unique needs and this book cannot take these individual differences into account. Each person should engage in a program of treatment, prevention, cure, or general health only in consultation with a licensed, qualified physician, therapist, or other competent professional. Any person suffering from venereal disease or any local illness of his or her sexual organs or prostate gland should consult a medical doctor and a qualified instructor of sexual yoga before practicing the sexual methods described in this book.

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## INTRODUCTION

Good artists are skilled, but *great* artists convey an immense depth of feeling through their expertise. The same goes for the art of sex. A good lover knows how to make the body sing. But a great lover, a *superior* lover, evokes a vast choir of bliss.

A good orgasm is satisfying, but a great orgasm can be a revelation of your deepest being, unfolding the bright truth of who you are in ecstatic communion with your lover. Sex can be a way of magnifying love's light through every cell, shining beyond fear, melding your hearts in the infinite radiance of being. Sex can be *enlightened*—or not.

Most of us bring our problems to bed with us: the tension from a stressful day, our past history of sexual failure, our need to be reassured that we are loved. As we bring light to every aspect of our sexuality, these kinds of difficulties are used to reflect our next place of opening, physically, emotionally, and spiritually. Every quandary is illuminated and unfolded by love's radiant presence. Every tussle is seen with wide-open eyes, embraced, accepted, and understood to be a potential doorway to the true desires of our soul.

*The Enlightened Sex Manual* shows how to transform the often willy-nilly flow of stimulated genital energy into a profound depth of feeling, openness, and embodied ecstasy. Sexual energy can fill your body with light, blow your mind with bliss, and melt all difference in an endless love that radiates as one heart.

When sexual energy emanates from its spiritual source, your cells are enlivened and your spirit rejuvenated by the same force that might otherwise have been thrown off in more trivial shivers and shakes. When you meld sexual intensity with open-hearted depth, your bliss grows spontaneously, fertilized by the forces of your fears, hopes, and anxieties.

You can allow the light of your soul to shine through the sexual play of your body, as long as you know how to deal with the habits that would otherwise prevent your enlightened loving. The practices presented in this book allow you to develop your sexual skills as gifts of spiritual rapture.

Part I describes how to circulate your internal energy so deep relaxation, delightful sensuality, and open-hearted loving can infuse your lovemaking with joy. Part II focuses on ways for men and women to enjoy multiple, whole-body orgasms that serve as remembrances of your deepest and most effortless bliss of being. Part III presents a range of techniques to enhance the fullness of sexual pleasure and spiritual openness. Part IV offers more advanced practices for those readers who wish to continue growing in their sexual capacities.

The practices in this book are presented for all partners in all relationships: men and women, gay and straight. At times, we will talk in terms of “masculine energy” and “feminine energy,” which partners of either sex can choose to offer—perhaps even taking turns—to work with the polarities of attraction in both same-sex and opposite-sex relationships. At other times, we will illustrate specific techniques using examples that involve a man and a woman. But as you read, you will be able to experiment, modify, and apply the practices to your own sexual situation.

When you are ready to put down the book and practice the art of enlightened sex, the accompanying CD will guide you with exercises to be done alone or with a partner, whatever your sexual orientation. Reading about how to share your heart’s light is the first step; by following along with the exercises on the CD, you actually begin walking the path of the superior lover, cultivating unbearable pleasure to heal past wounds, surrendering open as love’s unbound radiance.

Through our parents, we are each born from the light of sex. We fulfill our birth by trusting the light that gave us form, that sustains us, and in which we all blissfully vanish. For decades, my teachers passed the skills of enlightened sex on to me; now this knowledge is in your hands.

# PART I: ENERGY

## 1. INTRODUCTION TO PART I

Love's light seeks expression through our bodies, one way or another. But our sexual gift of deepest love is sometimes limited by a more superficial part of us: our emotional resistance, our fear of opening as the deep love that is our true nature.

We resist opening without limits because our superficial self wants to feel itself as *something*—even a tense, unfulfilled something—rather than *nothing*, sheer openness, love without borders, deep being without end.

Infinite love is who we really are and who we refuse to be. *This refusal is our most essential tension.* Our bittersweet sex life is a clear reflection of this push-me-pull-you drama between our deep desire to be open as love and our reflexive clench for safety and superficial-self esteem.

In sex, we desire to lose our superficial self completely in overwhelming bodily joy, but we also fear this loss of self. We long to merge with our lover so deeply that our vulnerable hearts are one light, but we also resist this oneness. We ache to let go of all protection and enter nakedly into unguarded love, but we are also afraid of this vulnerability.

We yearn and hesitate to give our deepest depth of being—which is God's depth—through sexual love. This openness of being is all there is and who we are, and yet we stand divided and protected. We refuse to trust.

Our refusal to trust is often grounded in the past: We were abused as a child. We were jilted by an ex-lover. Our partner has been selfish, distracted, closed down, or insensitive.

It is very important to address these realities in our lives through intervention, communication, therapy, supportive friends, wise teachers, and our own personal inquiry and exploration. In addition, it is often necessary to protect ourselves—physically and emotionally—from abusive and destructive relationships.

Even so, we eventually learn that emotional closure is our own action. We can be responsible for it. In any moment, we can choose to open or to close. *Nothing outside of us has*

*the power to limit our capacity to give and receive love.* Even while pointing out perpetrators and working to heal the wounds we have suffered in the past, if our heart is not open we are simply refusing to trust the deepest depth of our being. We are refusing to express our open and infinite nature. We are refusing to live as love in this present moment.

Love's light wants to express itself through our bodies. But even though our deepest self wants to open and live as love, our superficial self is afraid. So we hold back the spontaneous and powerful expression of love flowing through our bodies. We do this primarily by suppressing our breath.

Breath is the way our bodies make love with God. When we are willing to be love, then we are willing to breathe love. When we are unwilling to be love, when we resist the spontaneous expression of our deep and natural openness of being, then we suppress our breath. Our belly constricts. Our heart tightens. Inside, we tie ourselves in knots and become endarkened. Our entire body clenches the flow of energy that wants to shine through us. We suffer our refusal of divine openness. We suffer our refusal to live as love.

The fantasy of instant perfect sex may sell, but in reality it takes practice to undo the kinks we have spent years crimping into our bodies and emotions. Enlightened sex is a way to unbind the knots we have tightened around our heart so we can live free as love. Opening our breath is a key to untying our internal knots so that our love can fully express itself.

We can begin to open by learning to feel love's light as sexual *energy*. What does your internal sexual energy feel like?

Imagine that you come home after a day of working, tired. You lie down on the sofa and relax. You feel like you could lie there forever. Your lover walks over and sits next to you, gently rubbing your shoulders. After kneading your muscles, your lover trails his or her fingertips lightly up and down your neck, leaning over and kissing you. Your lover continues massaging you, kissing your neck, your ears, your lips.

Your breathing deepens. You begin to feel some energy moving within your body. Your lover runs his or her hands down your thighs to your feet. After massaging your feet for a while, your lover takes your toes into his or her mouth, one at a time, and sucks them gently.

You look into your lover's eyes and feel them filled with love and openness. You feel like you are being drawn into a garden of love. A few moments before, your body was exhausted and

empty, a worn husk. Now, your body is filled with delight, moving with energy, breathing deeply, percolating with happiness, writhing and alive.

Your lover kisses his or her way up your feet, up your legs, up your belly to your chest. Unbuttoning your shirt, your lover kisses your nipples and then you press your bodies together. Your lover's tongue licks your neck.

Strong energy moves through you now. Your breath is full and deep. You feel wide awake. Your pelvises are rocking together, your spines undulating, your flesh pulsating.

How can you continue to enlarge the flow of sexual energy, enjoying many whole-body orgasms, rejuvenating yourselves, opening your hearts, and surrendering as one in blissful loving? The first step involves understanding how your breath and sexual energy intertwine.

## 2. USE YOUR BREATH TO AROUSE AND RELAX YOUR GENITALS

Although there are many subtle aspects to your breath, two major sexual functions are the reception and release of energy. When you *inhale*, you are opening yourself and *receiving* breath and energy into your body. When you *exhale*, you are letting go and *releasing* energy. When you are born, one of your first acts is to inhale, drawing breath into the body. When you die, one of your last acts is to exhale, releasing all hold on this life. The birth and death of your genital arousal is a similar process.

Your inhalation feeds energy down into your genitals. Men who have difficulty getting or maintaining an erection and women who have dry or painful vaginas are often weak inhalers. They have difficulty receiving energy and emotion. Their belly is not open and alive, able to expand with breath energy as the full inhalation brings force down the front of their body to the genitals. These people also tend to be weaker in the world than their actual potential. Either they are unable to muster the energy to get things done or else they tend to be heady and pointed while doing them, rather than full and relaxed.

*If you have trouble getting or maintaining an erection, or if your vagina tends to be dry and painful during sex, then you might benefit from strengthening your inhalation.* Make sure that throughout the day, and especially during sex, your inhalations are full and deep. Draw the inhalation down the front of your body, expanding your belly with breath and filling your genitals with the inhaled energy. Your inhalation should be so full that you actually feel a pressure pushing into your genital region as the inhalation reaches its brink. With each inhalation, feel as if you are priming the pump, filling the genitals and lower abdomen with energy.

Your exhalation releases energy. Men and women who are hyper-energetic and tend toward frequent but superficial orgasms tend to be weak exhalers. They have difficulty letting go and

allowing the energy to circulate throughout their entire body and beyond. They are all too ready to be filled with energy, and then, because they are unable to easefully exhale the energy or circulate it, they become anxious about releasing it through other means. They tend to be easily angered, addicted to eating frenzies and orgasm-centered sex, and often look for other ways to blow off steam. Exhalation is a form of surrender. Emotionally, weak exhalers tend to be unsundered in the sexual occasion and thus unable to give and receive love with profound depth of feeling.

*If you have trouble postponing ejaculation or participating in sex with deep emotional surrender, then you will want to practice strengthening your exhalation. Allow your exhalations to be long, slow, and full, really letting go of all of your breath, as if you were “dying” into bliss. As you exhale, release all hold on yourself so you feel you are giving yourself totally to the moment, to your partner, and to love. Surrender yourself more deeply with each full exhalation as you offer your gifts of energy and love to your partner. Release the breath from your whole body, including the lower part, so your belly and genitals feel fully released and given in love.*

To summarize, weak inhalation means weak genital arousal. Weak exhalation means weak ability to circulate energy. If you want to increase genital arousal, emphasize inhalation. If you want to decrease genital arousal, emphasize exhalation. As you inhale, open yourself to fully receive love, life, and energy. As you exhale, surrender yourself, giving yourself totally, so that no love is left ungiven. The sexual occasion provides an opportunity to practice these two primary emotional aspects of breath—reception and surrender—in an intensified fashion. Sex can fill you with so much love-energy that the pleasure and brightness becomes almost unbearable. Sex can also allow you such deep surrender that you let go of everything and give your gifts fully, offering every ounce of your love and energy.

As you practice filling and surrendering yourself through your breath during sex, you strengthen your capacity to do the same throughout the day. Your inhalations and exhalations become constant reminders to fill your body with love and energy and also yield it all, giving your deepest gifts, holding nothing back—only to be filled again.

You will find these breathing practices detailed in Part IV. And when you are ready, you can put down the book and follow along with the exercises for breathing presented on the CD.

### 3. RETRAIN YOUR NERVOUS SYSTEM

To enlighten your sex, you and your partner practice to effortlessly open as deep being while simultaneously circulating unobstructed energy. Passionate sexual desire is felt through as a transparent shimmering in the openness of being. Seeking resolves itself in an abundance of bright love.

A part of this practice is to retrain the nervous system using your breath. Most people have become accustomed to kisses and hugs, a few yanks or caresses, perhaps some licks and sucks, several minutes of warm and wet genital friction, and finally a burst of energy which releases into a peaceful, tension-free sense of relaxed depletion. This kind of sex is considered normal, even good. It is unfortunate that our culture leaves most people completely uneducated in the higher enjoyments and deeper blisses of sexuality.

In order to move to a new level of sexuality, you can retrain your nervous system. You can learn to relax your old tendencies of habitually building up and then releasing sexual tension. You can learn to use your breath to circulate unimpeded energy throughout your body and through every shade of your emotional spectrum all day. You can practice relaxing into the bliss of your deep being and then expressing it as love's light through the openness of your body. This entire process can be broken down into six steps:

#### **1. Clear your nervous system of kinks.**

Imagine energy flowing through the internal circuitry of your body like water flowing through a hose. If the hose becomes kinked, the water flow is held back and only a trickle makes it through the obstruction. Meanwhile, water pressure builds up at the site of the kink, perhaps even springing leaks and squirting out senselessly.

As an example, suppose your father was loud and cruelly abusive to you as a child. First, you were frightened, and your vulnerable heart was deeply hurt. Second, you closed your heart,

held your breath, and tensed your body to protect yourself from being hurt even more. Third, your body's energy ceased to flow freely in response to masculine energy. So your internal circuitry becomes blocked by an accumulation of fear, tension, and frustrated energy: you develop an emotional kink in response to loud masculine energy.

Now, as an adult, whenever you experience the sharp, demanding aspect of masculine energy—for instance, your lover raises his or her voice and tells you what to do—your energy gets blocked. Your kink stops it from flowing. Your heart closes, your breath tightens, and your body becomes tense.

Meanwhile, pressure builds up behind the obstruction. You may feel angry, confined, hateful. Your internal “hose” of energy is about to burst. If you are in a more masculine moment, you may strike out at someone or punch a hole in the wall. If you are in a more feminine moment, you are more likely to turn your anger inward and “strike in,” abusing yourself through overeating, overspending, or neglecting your responsibilities.

In addition to emotional kinks, you might have physical kinks. Perhaps through faulty exercise or inadequate breathing you've developed rigidity in your belly. Your abdomen is no longer relaxed and open. Energy cannot flow through it. An obstruction like this can have a number of results: a lack of sexual desire; an inability to achieve penile erection, vaginal lubrication, or orgasm; even a lack of assertiveness in social situations. Your rigid belly prevents the full force of energy from descending down the front of your body and giving you the power to act that you would otherwise have.

Besides emotional and physical kinks, mental kinks may also block your flow of energy. Perhaps you are obsessed, day after day, with certain sexual fantasies: being tied up and forced to have an orgasm, seducing your best friend's spouse, finding a lover who will never leave you. Or maybe you are stuck mulling over what someone said about you at work earlier in the day.

These mental kinks may obstruct your flow of internal energy, especially as your energy flow increases during sex. While you are trying to enjoy sex, your magnified sexual energy may get caught in dead-end loops of thoughts, hopes, and imagery, unable to complete the circuit of fullness throughout your entire body. Parts of your body may feel numb, tense, or painful. Sexually, your power will be absent and your pleasure will be thin. Your presence and love-energy will stay locked in your head, obstructed by the mental kink.

So, the first step is to unkink your emotional, physical, and mental obstructions. This can be done through many means. Because each person is unique, you must discover which methods work best for you. Usually a combination of techniques is most effective, and your daily practices may change over time as you grow and new stresses come and go from your life.

For instance, you might visit a psychotherapist to resolve some mother-issues that you can't seem to resolve on your own. In conjunction with this, you may use massage, hatha yoga, or tai chi to help open the channels of your body so your energy circulates more freely. Changing your diet may be important. Volunteer work and serving others is often a significant way to encourage a full flow of love through your body. Dancing and singing may be integral for keeping your inner channels of energy open.

Through trial and error and the guidance of those you trust, discover which treatments and therapies most precisely address your current issues and help open the kinks that are limiting you now, emotionally, physically, or mentally. Choose the practices that meet your particular needs and help you to express your deepest gifts. It is an axiom of spiritual growth that your deepest gifts are often capped by your most stubborn obstructions.

In addition to whatever other methods you choose to use, the sexual practices presented in this book and the accompanying CD may be an extremely effective means to open yourself so that you may know and express your deepest being. In the way of the superior lover, sexual energy is circulated through your body to clear out the kinks so your love can flow more freely.

## **2. Train your nervous system to circulate energy.**

Instead of pumping the genitals till they burst, learn to circulate energy throughout the natural circuitry of the whole body. It is as if you become one huge genital, rushing with orgasmic light and energy from toe to head. Your heart opens wider and wider so that the size of your loving expands to infinity, engulfing you and your partner in an open bliss of being that renders fear and desire obsolete.

This practice involves learning to move energy through your natural internal circuitry, up the spine and down the front of the body in a continuous circular flow. You learn to use intentional muscular locks at specific places throughout your body to serve this circulation. Complete step-by-step instructions for how to circulate your internal energy are presented in Part IV.

## BASIC ENERGY CIRCULATION

As energy builds in your genitals during sex, *exhale* and contract the floor of your pelvis, pulling upward slightly, as if you were trying to stop yourself from urinating. Feel or imagine your sexual energy moving *up* along the line of your spine into your head as you exhale. Then, as you *inhale*, draw the energy *down* the front of your body, so that your belly expands as it fills with energy and breath. Draw the energy all the way down to your genitals and pelvic floor.

(As described in Part IV, at times it is better to *inhale* energy up your spine and *exhale* it down your front. In any case, your energy always circulates *up your spine* and *down your front*.)

Continue breathing energy in a circle this way, contracting and pulling upward at the pelvic floor while exhaling energy up your spine and then inhaling it down the front of your body to your belly and genitals.

This circle of energy, up your spine and down the front of your body, is the way energy moves in a naturally open body. By practicing this way of breathing and moving energy, both throughout the sexual play and randomly throughout the day, you will remove obstructions to the free flow of your energy, sexually and at other times. Please see Part IV for complete instructions as well as more advanced techniques for circulating your internal energy. When you are ready for guided exercises, follow along with the instructional CD.

With practice, your orgasms will explode upward through your body, filling you with intense bliss and light, melting all resistance so that love flows without limitation. Your tensions become liquefied and evaporated in this intensity of love and openness. Man or woman, gay or straight, your body learns to sustain long periods of orgasmic bliss that you would not have been able to handle before.

Over time, you can learn to open as love and feel through the bliss even as its intensity exceeds anything you have experienced before. Ravished by pleasure, dissolved as openness, and brightened as the force of love, your usual obstructions are loosened in an effortless profundity of being, like clouds dissolving in the clear light of the sky. Spacious peace and unbounded love may shine through you, at least for a moment, so that your sexual embrace becomes a spiritual revelation.

With regular practice, your daily life becomes transformed. Your body becomes healthier and more vital. Your mind becomes more keen, responsive, and deep. Your emotions flow alive

and fluid without becoming heavy or stuck. By learning how to open yourself through the inevitable pains and pleasures of sexual play with your partner, you strengthen your capacity to stay open during the pleasures and difficulties of daily life. You learn to live at a new level of awareness, strength, and spiritual openness.

### **3. Train your nervous system to sustain high levels of energy.**

For many people, being relaxed means being low energy. They feel at ease only when they are depleted of energy, such as after a full meal or an orgasm. They can't handle long periods of high energy without feeling hyper, stressed, or anxious. They can't wait to have a beer, chat with a friend, watch TV, stuff their faces, or masturbate.

Enlightening your sex involves cultivating the capacity to sustain high energy over long periods of time while remaining relaxed and open. It is as if the hoses through which the water flows grow wider. More water can flow through with less pressure. You can maintain ease even when great force is coursing through your body, mind, and emotions. Your body is pregnant with flexible force, like a fiercely tumescent fire hose. Your mind is still—yet agile, bright, and ready with insight. Your heart is alive, vulnerable, and responsive. You may cry one moment and laugh the next, but whatever you do, your flow of life force is strong and unimpeded.

You can look at two people, a conventional lover and a superior lover, and see the difference. Throughout the day, at work as well as in bed, the conventional lover swings between an agitated mode of frantic activity and a collapsed mode of tired depletion. The superior lover, however, steadily acts with great force and creativity—resting when appropriate but not collapsing due to an exhaustive spurt of energy.

To develop this capacity for sustained high energy, practice plugging your energy leaks and circulating the energy as it builds in your body. Don't fidget. Don't eat unnecessary snacks. Don't ejaculate or orgasm too often. Don't talk excessively. Don't watch TV or read newspapers, catalogs, books, and magazines simply due to habit. Don't grind your jaw or tap your pencil unconsciously.

If you stop depleting your energies through these habitual means, you may first notice yourself getting anxious to some degree. This is because your body is being filled with more energy than it is used to handling. In the past, you might telephone a friend or masturbate in the

shower to release energy and decrease your internal force. Now, since you have plugged many of these leaks, your internal pressure builds.

You can accommodate this growing internal force by helping it flow throughout the natural circuitry of your body. Over time, you can cultivate a capacity to conduct a much larger flow of energy. Your internal “hoses” can unkink and widen, so your old trickle of energy becomes a full flow of force. You develop a much stronger ability to circulate great energy without dispersing it in TV, orgasms, chatting, snacking, and fidgeting.

#### **4. Circulate your energy to heal and rejuvenate the body and emotions.**

Once the internal energy circuits are cleared of major kinks and the energy flows through you in full force, then you can direct your heightened sexual energy for specific healings. Through visualization and intent, you can send energy to your kidneys, liver, lungs, stomach, and other internal organs. You can bring energy to parts of your body that may have been wounded by past traumas or injuries. You can open up areas of your body that have become tense or weakened by the demands of your daily lifestyle. As you read the following exercise, imagine yourself performing it. When you are ready, you can actually practice this exercise along with the guidance on the instructional CD.

##### MAGNIFYING AND CIRCULATING YOUR HEALING ENERGY

A simple way to practice magnifying and circulating your internal energy is to stand straight with your feet parallel and about shoulder width apart, toes pointing forward. Bend your knees slightly. Hold your arms out in front of you at about heart height in a rounded position, with your elbows slightly bent and your palms facing your chest, as if you were embracing a large beach ball. Allow the tip of your tongue to rest gently against the roof of your mouth. Relax your body as much as possible while still maintaining the integrity of the posture, your feet flat, your spine elongated, your half-closed eyes gazing at the horizon.

Practice breathing in the circle just as you would practice this during sex. Inhale energy down the front of your body, filling your belly with enough force and breath to feel an internal pressure pushing against your genitals. Then contract upward with your genitals and entire pelvic floor while exhaling the energy up your spine.

To keep from becoming too rigid, smile. Smile with your face, and also feel the insides of your whole body smiling, especially your belly and chest. Continue standing with bent knees,

extending your arms as if they were embracing a large ball of energy in front of your chest. Keep your lower back relaxed. You can imagine that a string from the heavens is attached to the very top of your head, pulling it up, and a thousand-pound weight is attached to the tip of your coccyx or tailbone, pulling it down, elongating and relaxing your spine. You can relax the smile on your face but maintain the sense of your body smiling inside, especially when the posture begins to feel difficult to hold.

Holding this posture and breathing in this circle will increase your internal energy as sexual stimulation does. Some people are very sensitive to their internal energy flow and others aren't, so don't worry if you don't feel energy moving up your spine and down the front of your body at first. With practice, as your obstructions clear and your energy flows more fully, it will be easier to feel.

If you experience sharp pain in your joints, such as your knees, hips, or shoulders, then immediately come out of the posture and rest. However, trembling and rushes of heat or cold in your muscles are normal while learning to circulate your energy. If your legs begin to shake, or if your entire body shakes, that is fine and good. Stay with the exercise, holding the posture, resting your tongue against the roof of your closed mouth, always breathing through the nose, breathing your energy up your spine and down your front, smiling with the insides of your body. Practice this exercise for a few minutes a day, gradually building up until you can hold the posture for about ten minutes.

Remember to keep your heart area soft, open, and relaxed. It sometimes helps to imagine you are embracing your lover body-to-body while doing this exercise.

Once you develop some proficiency at feeling the force of your internal energy flowing up your spine and down your front, you can visualize or imagine it flowing to the parts of your body that most need it. Suppose you feel a knot in your gut from the stress of a tough day. As you inhale energy down your front, also inhale energy directly into the tension in your belly. Feel as if you are filling a balloon, expanding the knot with the force of your breath so it opens and loosens. Then, as you exhale, release the tension from the knot so it circulates freely throughout your internal circuitry. Inhale fresh energy into the knot, exhale tension and circulate the energy. Repeat this for several minutes. If the tension from the knot feels like it wants to be released out of your body, exhale it out of your hands and feet.

In addition to bringing energy to various parts of your body, you can use this kind of standing posture to direct your heightened energy into emotional areas that require healing. If you were sexually abused as a child, for instance, you can carefully and lovingly re-create the situation of abuse with a trusted and trustable partner. Then, in the midst of the re-created traumatic situation, you can run magnified internal energy through the blocks and kinks, reopening the natural circuitry of your body.

You can do this practice in conjunction with sexual stimulation, following the instructions in Part IV, or you can move your internal energy and reopen your natural circuitry by modifying the standing exercise described above, using a sitting or lying position in order to help replicate the situation of abuse. It is best to practice these kinds of exercises under the supervision of a qualified psychological or medical professional.

By learning to circulate magnified energy through your internal circuitry with compassion and love, you can carefully dredge through the emotional and physical obstructions formed by a wide range of past wounds and recurrent memories. Physical and emotional healing can take place exceptionally quickly and thoroughly, once your body has been opened through persistent practice and you know how to circulate your energy,

With practice, you can heal deeper and deeper levels of tension-residue accumulated in your body and mind from past hurt and trauma. Meanwhile, you learn to clear daily obstructions as soon as they occur. Eventually, when you have healed enough of your *accumulated* kinks and resistances, your practice deals more or less entirely with your degree of openness or closure in the *present moment*. Being love or being unlove? That is the only question.

### **5. Be free consciousness, or love, in the midst of sexual energy.**

It is all too easy to get lost in the energy process of sex. Sex is sometimes so pleasurable that you can forget all else—or so disgusting that you want to run. Sexual energy can be so joyfully intense or painfully stuck that you become distracted by the sensations or emotions. Sometimes sexual practice can seem so interesting or so boring that you become completely engrossed in perfecting or hating a sexual technique that you are using to try to fix yourself or your partner.

But the primary purpose of enlightened sex is not to fix anything or anyone. Nor is it to become absorbed in sensual pleasure, fleeting thoughts, or heavy emotions. The primary purpose

of enlightened sex is to live as love by recognizing and relaxing into the open, unlimited, aware depth of being that you are, whether you feel good or bad in the present moment.

When you feel through all sensation, you feel into the open source of sensation. When you feel through all thoughts, you feel into the open space in which thoughts occur. *When you feel through your sexual desire or aversion, you feel into the love that is living as you.*

This open, spacious, loving nature is your true nature. The way of the superior lover is about practicing being who you truly are. It is not about changing yourself. It is about recognizing who you are, deeply and really—who you already are, who you have always been, and who you will always be. It is about becoming stable in this recognition, so that all of your actions—throughout the day and even during your dreams at night—radiate spontaneously from this relaxed and natural openness of being, rather than from your stressful needs and fears.

A great aid in stabilizing this recognition is opening the energy channels of your body, which can be done very effectively through the sexual practices we are describing. This healing process is not absolutely necessary, but most people do need to heal some internal obstructions in order to persist with adequate energy and attention in their practice of recognition.

In other words, if you are frequently distracted by the pleasures or pains of sex, then you won't have the energy or attention to persist in recognizing who you are. Sexual wounds and desires are among the greatest sources of distraction, not just during sexual embrace but throughout the day. Much of our emotional suffering is rooted in our sexual hopes and fears.

If you don't clear these knots, they can absorb your energy and nag at your attention, day and night. Rather than practicing meditation, you will fantasize about Mr. Right or your coworker's shapely ass. Rather than practicing love, you will cram your mouth with food and slather your taste buds with drink because your partner left you for another lover. Even the most advanced spiritual practitioners are often plagued by their unfinished sexual business and emotional kinks.

Therefore, the first step for most people is to clarify their sexual desires and unkink the flow of energy trapped in their emotional wounds. But once that is done, and even while it is being done, the main point of practice is to free consciousness and live as love. The breathing exercises presented here, in Part IV, and on the CD can be very healing and enlivening. They bring energy

and natural openness to the body and emotions. But you can also get lost in these exercises, imagining that they are ultimately liberating. They are not.

Even while practicing a breathing technique, you must feel the love that is moving the whole process. Feel love's openness of light, rippling as your sensations, thoughts, and emotions. Feel the love moving you to practice enlightened sex. This same love is moving your partner, if you have one. Feel into your heart, your partner's heart, and feel every thought and sensation so fully that you suddenly find yourself opening as feeling itself.

Don't become lost in an exercise, so focused on the energy technique that you have nothing left over for the primary practice of being love, opening wide as conscious feeling. If you can't smile in the midst of your practice, you are taking it too seriously. If you can't feel the ultimate futility of energy practice—after all, your body is going to die and rot in any case—then it is easy to become addicted to the process of perfecting your energies.

*You can't perfect your body, your sex, or your energy.* They are all going to have their good days and bad days, until finally they dissolve in death. But you can perfect your trust of love. You can stabilize your practice of feeling through the events and sensations of every moment, so that nothing distracts you from who you really are. You simply remain as you are and always have been, conscious as your eternal and spacious nature, open as love, aware as the radiant being that you are.

You can forget the truth of your unbounded being—and forget that you have forgotten—or you can remember and practice recognizing this moment's essential openness. If you forget it and close down, then your attention begins wandering to relieve the stress of contracting your feeling. The pain of your own ongoing tension makes you look for a cure. You may begin to believe that something is missing from your life. You want to earn more money, find a better lover, or make your current partner love you more. Every moment becomes a moment of stressful need, and your attention is never free enough to feel through the doings of the moment and simply open as love's always present offering. Rather, life becomes one stress after another, and then it is time for bed. Days and nights suddenly become years. Nothing makes any real difference but the momentum is too strong to stop. Life slips by.

However, in any moment you feel through the doings, you are already aware of the open bliss of being which all your doings have been seeking. You still act, but you are no longer

acting in order to become or to get. Instead, your doing radiates naturally from the core of your authentic being. Your doing *expresses* rather than *seeks* openness and love. Your sexing, for example, is a gift of love's light, rather than a craven hope to be fulfilled. You and your partner engage in sex to practice magnifying love's brightness, to celebrate love with your whole body and full range of emotions, to practice being the unbounded consciousness you are, truly and deeply.

## **6. Love prevails.**

As your practice matures, during sex and throughout the day, love is expressed more and more fully and simply. Knots no longer bind you. Obstructions are felt through or dissolved. Energy flows without effort. You are free to devote your attention to the process of recognizing the openness of your being. You are willing to feel everything without recoiling into closure. You are free to give more love than you have ever given, because you no longer need sex or your partner's attention to fulfill you.

At this stage of practice, you no longer close down so easily. Even when your partner hurts you, whether purposefully or accidentally, you remain open. Your heart is continuously exposed. When you are hurt, you cry. When you are pleasured, you moan. All the while, your heart remains open, vulnerable, alive, expressive, tender, fearless, unguarded. This profound heart-openness affects your lover and everyone around you. It affects your children, your friends, the space in the room, and, ultimately, the whole world.

You can still be hurt. You can still become sick. You still have good days and bad days. But it all occurs with an open heart. You don't add fear or stress to the world's fear and stress. Rather, the stressful momentum of the world is absorbed in your heart. You willingly suffer the unlove of others, because to close yourself to them is no longer an option. You know the truth of love, and you live love in spite of how much you might hurt. You are simply openness itself, creatively expressing itself through every human means, including sex.