

# Tantric Orgasm for Women

## Contents

Acknowledgments vi

Introduction 1

<i>1</i>	The Intrinsic Potential for Orgasm	7
<i>2</i>	Orgasm Is a Spiritual Experience	17
<i>3</i>	Orgasm versus Orgasmic	29
<i>4</i>	The Source of Orgasmic States	41
<i>5</i>	The Breasts: Key to Orgasm	53
<i>6</i>	The Vagina Is Secondary to the Breasts	69
<i>7</i>	The Clitoris and Excitement	85
<i>8</i>	Woman's Part in Man's Erection	99
<i>9</i>	Relaxing into Orgasm	113
<i>10</i>	Mastering Love and Overcoming Emotions	143
<i>11</i>	Woman as Lover during Menstruation, Fertility, Pregnancy, Motherhood, and Menopause	167
<i>12</i>	Tantric Orgasm and Same-Sex Partners	181
	Conclusion: Embracing Our True Feminine Power	201
	Appendix: The Sympto-Thermal Method of Fertility Awareness	207
	Notes	213
	Recommended Books and Resources	215

## The Intrinsic Potential for Orgasm

### I

Each and every woman arrives on this earth with the intrinsic capacity to experience the uplifting joy of orgasm. Mother Nature in her unswerving wisdom has graced the female body with a special design so that this experience can arise. Women have the potential to live sex fully, as a conscious, guiding force. However, even though nature may have sincerely intended this for us, in real life very few women can say that they have genuine command over their orgasmic experiences. Instead, for most women, orgasm remains quite elusive, happening now and then, depending more on good orchestration than on an intimate understanding of our inner design. Love becomes an experience filled with ups and downs: it doesn't seem to last long enough; is as changeable as the wind; is one day here and gone the next. Women living without the ambience of love suffer tremendously, often experiencing states of acute depression and despair.

In part this unhappy situation can be attributed to a lack of insight into feminine energy and the female body. Women have no information on how to intentionally create the orgasmic state or how to embrace the gift of orgasm. In this void of wisdom, woman does not understand herself as intimately or expertly as she could. As a consequence, this naiveté about her body operates unconsciously against her better interests—in life, in love, and in sex.

Recently, at the end of a couples workshop, a man participating with his wife summed up his experience to the group: “It is quite incredible. After spending the last thirty-five years trying to become a really good lover, I discovered during this week that everything I think turns a woman on in actual fact turns her off.” His observation was correct. I too have observed that the opposite of almost everything people think or say about sex has proved to be the truth. As a result of these misconceptions, women on the whole are not at all satisfied with the state of their sex lives, finding them unfulfilling for any number of reasons. Perhaps this may not be so at the beginning of a sexual relationship, but after a period of time many women report that dissatisfaction has become the norm. The body gradually closes down and a general disinterest and disappointment in sex begins to creep in. For some women this shift can occur within a few months, for others it happens over the course of a few years. The length of time involved is not relevant; what is most significant is the fact that this withdrawal from sex happens repeatedly for women.

Not knowing her body and the “how” of expanding into her feminine energy automatically places a restriction and limitation on a woman's experience of sex, and therefore of love. And if this reality is true for woman, it is equally true for man. If woman is living and loving at a sexual minimum, her male partner also exists at this same level.

For women this sexual minimum is reflected in their tremendous difficulties at achieving orgasm. So often women share with me their fear that something is seriously wrong with them because they cannot manage to experience any kind of orgasm. Or they're worried because they need an hour or more to feel a full *yes* to penetration. Or they report that sex has gradually lost its attraction, though the longing for tenderness and intimacy remains. With these negative thoughts passing through the mind, old and

unexpressed feelings of unworthiness or inadequacy can ripple to the surface; soon insecurity begins to erode the joy of a loving heart. For a woman, unhappiness and dissatisfaction with sex can easily become the acceptable, expectable norm. Women's magazines routinely give tips on sex and female orgasm and advice about how to achieve orgasm more easily. Simply because these articles speak openly about sex (a rare occurrence in everyday conversation), they might gratify and relax a woman for a short while. But the guidance these magazines offer barely scratches the surface of the deeper sexual realm that exists for every human being. The advice found in magazines also reflects the widespread absence of concrete information on the female body. When last did we hear anything new or inspiring? When did we last hear about something that works? something that sounds right or feels right? something that resonates in the body, heart, and soul?

The truth is that your body is fully capable of experiencing deep, rich, satisfying orgasm. The key is to step inward and observe the physical sensations of your own body without judgment. How do you feel when you are having sex with your partner? How do you feel when you are having sex by yourself? Gather information about your body's responses. What do you enjoy? What irritates you? What leaves you feeling profoundly disappointed? Remember that, as long as you look at them honestly, feelings are always true. No feeling is ever "wrong."

When your partner, consumed by excitement, begins to move ever harder and faster toward his own climax (the so-called jackhammer mode), do you feel invisible, left behind, engulfed by a wave of disappointment that once again he will be all finished before you even begin to get warmed up? Or perhaps your partner dutifully feels that he should satisfy you before he allows himself to be satisfied, so he works hard to bring you to orgasm by stimulating your clitoris. He's doing the "right" thing, so you don't want to be critical. But is he rubbing too hard? too fast? Do you need more lubrication? Do you feel pressured to get on with it, to hurry up and climax so that he can move on to the "real" part of sex—that is, penetration and ejaculation? Do you worry that he's getting bored while he's stimulating you? Do you find yourself getting bored? Do you leave your body altogether and make a grocery list in your head or remember that your second child needs to take a picnic lunch for his field trip tomorrow? Or do you need to leave your physical body in another way and engage in a steamy sexual fantasy in order to come to climax? Do you actually feel disinterested but work hard at that fantasy, nevertheless, because your partner will be disappointed or feel diminished if he can't bring you to orgasm? Do you sometimes fake orgasm just to get the whole thing over with?

You are not alone. Unfortunately, most women in our modern-day cultures have felt some or all of these ways. And all of these scenarios miss the essential truth that your body is fully capable of a deep, sustained, fully satisfying orgasmic state. Orgasm is not a destination that we arrive at by trying—by doing the right thing or thinking the right thoughts. Rather, orgasm is a state of being that arises naturally when we are more relaxed in sex. In relaxation woman opens to her inner world, bringing herself into the focus of her attention. Doing so reveals the exquisite interplay of active male and receptive female energy, which flowers into prolonged pleasure for both the man and the woman.

You may well ask, "If this is true why don't more people know about it? Why has sexual dissatisfaction become the rule for women, rather than the exception?"

It can be said that we human beings unconsciously remain shortsighted about our true sexual selves. We are unaware of our higher potential and how to access it. As it stands, in our conventional sexual expression we are not truly physically sensitive or psychologically receptive or available enough to invite higher sexual experiences into us—or rather, to be graced by the divine, which would be a more accurate description. We are as host, and the divine is as guest, and enormous space has to be created for the divine to enter us.

These days it has become virtually impossible to shine new light on sex, to look at it and see it in a fresh, innocent, enlightened way. This is because there is an inherent limitation in our viewing situation—woman's role in the sex act is always looked at through the same spectacles, through the prevailing misconceptions about sex, the very misunderstandings that lie at the root of the orgasm issue. If you were to always look at the world through rose-tinted lenses you would begin to believe that everything was pink. If no one ever suggested that you take your spectacles off and see how the world looked without them, you might continue to believe in your rose-tinted perceptions. They would become the norm for you, just as our misconceptions about female sexuality have become the norm for us in today's world.

Take, for instance, the sometimes-proffered suggestion that a woman use sexual fantasy to provoke an orgasm. In actual fact, sexual fantasy has nothing to do with what is happening in the woman's physical body in the here and now, with this particular man. It is an imagined scenario. It is a deliberate switch over from channel "body" to channel "mind," using the power granted by imagination. This can in fact trigger the response of sexual excitement in the body. But it has nothing to do with the physical penis that is present right now in the physical vagina. The issue here is that basic to lack of orgasm is a lack of connection to the body and to its internal sensitivity, its kinesthetic sense. So the advice of fantasy as a solution to orgasm—which only absents a woman further from her physical body—keeps woman circling around in the same sexual frame in which she already finds herself.

Our conventional, socially conditioned view of sex is linear and one-dimensional, lacking in balance, intelligence, and spiritual insight. Unless we are taught the full potential of sex while we are young, we inherit a sexual conditioning just by being a part of our society, by being surrounded by cultural misinformation that we absorb unconsciously. The rare person is able to access the uplifting dimension of sex intuitively; most of us are conditioned and live life in innocence of any sexual alternatives.

In response to the unconscious female conditioning of our society, the essential female qualities often become distorted: Softness can become weakness; receptivity can become passivity or resignation; the nurturing quality can become overbearing; the beauty of surrender can become submission; absorption might turn into sucking; the ability to sustain long-term waiting can shift into indolence; love can turn to jealousy and the use of female qualities for manipulation; the joy of non-doing and relaxation can express itself as the dead weight of inertia and laziness. Feminine fluidity might become a state of collapse; the free expression of individual feelings shifts toward sentimentality or moodiness; intuition and psychic abilities can slide over the line into paranoia and hysteria; the ability to allow events to unfold without trying to control them can become inappropriate indecisiveness or lack of initiative; sensitivity twists into victimhood or is used in the service of fear; appreciation for beauty becomes attachment to outer

appearance; the nesting impulse can become a compulsive obsession with security; silent strength can turn to masochistic dependency; the awareness of connection to the universe beyond one's personal boundaries can go too far, resulting in an individual who is vague and spaced out and lacking enough personal definition.

The currently accepted view of "normal" sexual experience keeps women in bondage to an expression of a male type of sexuality, with no room for expression of the equally important female pole of sexual experience. The current male-oriented approach features an outward, sensation-directed expression of sexuality that effectively erases intrinsic female qualities, and in so doing firmly plants the roots of sexual dissatisfaction and dysfunction in both sexes. It is exactly the feminine, receptive qualities (undistorted by cultural misinformation) that are absolutely essential for the orgasmic state to arise in woman and also in man. Woman is required to be physically more poised and at ease so as to absorb the true male force, transform it, and channel it upward through her receptive feminine powers.

At this point in time women unconsciously, and sometimes consciously, support men in their male-oriented expression of sexuality. Many women report a high incidence of pain during and after sexual intercourse, but they endure it silently in order to satisfy their partners. Many others assume that sex will be a rough, aggressive experience with no expression of love or tenderness. I remember a woman telling me during a workshop that she had no idea that sex could be considerate and gentle. We collude with the dominant form of sexual expression simply because lovemaking has been "done" in this way for as long as we can remember. By now it seems utterly normal and we are unaware that alternatives exist.

While it appears that the conventional model of lovemaking is more satisfying for men than for women, in truth men's sexual fulfillment could also be much fuller and deeper, more sustained and more satisfying than it is now. One reason for this is that male ejaculation is commonly understood to be the male version of orgasm. For many men ejaculation *is* the sexual experience. However, ejaculation is not the equivalent of orgasm. There is another type of male orgasm that happens without ejaculation and release of semen, an orgasm in which the energy is retained in the body, expanding upward instead of being released outward.

Women have enormous difficulties in reaching any kind of satisfying orgasm, while ironically (and yet somehow not surprisingly), men face the completely opposite problem—orgasm (or at any rate, ejaculation) is uncontrollable. It is impossible to delay or avoid. Usually it happens immediately upon penetration (or shortly before), or else within a paltry few minutes. The amount of time that passes between penetration and ejaculation is way too short for the purpose of raising a woman's sexual temperature to a sufficiently high degree that she will experience orgasm.

Once a woman discovers the art of expressing herself within the female element, with more serenity and receptivity, she will find to her surprise that she automatically reduces the likelihood of her man ejaculating prematurely. In this way, woman has the power to extend lovemaking from minutes into hours. A perceptive, sensitive internal environment can be consciously created by a woman. This environment changes the whole quality of the exchange and has the added power of strengthening the true masculine response. Distressing male sexual problems such as impotence and premature ejaculation are also symptoms of the prevailing confusion and lack of

information about sex, and particularly about the female body. When woman develops the ability to shift into her feminine nature, exercising her receptive powers, many of these sexual dysfunctions and dissatisfactions can be healed.

At first most women will feel that they have little idea of how to shift into their feminine aspect or what that truly means. In reality it is easy—and it is absolutely natural. When we connect with our feminine qualities we can truly be who we are, with nothing forced and nothing acted out, we are simply open to receiving love. Relaxation, innocence, grace, and loving spontaneity are at the core of femininity. Women in my workshops frequently describe the shift toward themselves as a “coming home” to something they have always known intuitively. Some share with me the sadness of recognizing now, so many years after their first glimpse of the truth, the insufficient trust they have had in themselves to follow through on their intuition and bring it into experience.

Feminine wisdom is nature’s jewel, held deep within woman. The pages ahead are an attempt to help women uncover something they already possess, a crystal waiting to receive the light of inner intelligence.

### Tantric Inspiration

Energy can have two dimensions. One is motivated, going somewhere, a goal somewhere, this moment is only a means and the goal is going to be achieved somewhere else. This is one dimension of your energy, this is the dimension of activity, goal oriented—then everything is a means, somehow it has to be done and you have to reach the goal, then you will relax. But for this type of energy the goal never comes because this type of energy goes on changing every present moment into a means for something else, into the future. The goal always remains on the horizon. You go on running, but the distance remains the same.

No, there is another dimension of energy: that dimension is unmotivated celebration. The goal is here, now; the goal is not somewhere else. In fact, you are the goal. In fact there is no other fulfillment than that of this moment—consider the lilies. When you are the goal and when the goal is not in the future, when there is nothing to be achieved, rather you are just celebrating it, then you have already achieved it, it is there. This is relaxation, unmotivated energy.

Osho, transcribed teachings,

*Tantra: The Supreme Understanding*

### Awareness and Sensitivity Preparation

#### Position for Rest and Relaxation

Here is the ideal horizontal position to assume for relaxation: Your head, neck, and spine should be in a straight line, not even a few millimeters out of alignment and definitely not with the head rolled away to one side. Your legs should be straight and a little apart, and your ankles should *not* be crossed over each other. Place a narrow soft pillow (or a rolled blanket) directly under the knees to create a slight curving and softening of the knee joint. Place a small, flat, firm pillow (or folded towel) under your head. Pull the chin to the chest so as to straighten your neck before placing the pillow in position. The pillow should support the lengthening of your spine so there is not too much of a curve in the neck. If the chin is pointing almost directly upward and not tilted toward the chest, use a

slightly thicker pillow (or give the towel another fold) to lift the head an additional few inches, so as to create length and reduce the curve in the neck. Place your open hands palm down on the groin area on each side of your pubic bone. Rest quietly with closed eyes for twenty minutes (or more), holding awareness in your body.

### Tantric Meditation

#### Growing in Consciousness

Lying in the position described above, you can deepen your experience if you close your eyes and imagine yourself looking into your body. Imagine that your eyes can look inward and downward into your body, even as far as your genitals. Breathe deeply and slowly into your belly, as if the breath is massaging your insides and touching the genitals.

Continually pull your attention back into your body and the sensations in it. Deliberately disconnect from distracting thoughts when they pop up. Let them float away, and return to your body. Immerse yourself in the body so that you feel a sense of resting deep within your body, with the sensation of being submerged in yourself. Travel with your awareness to any places in the body where tinglings or warmth or fine vibrations are present, and dissolve into them.

At a certain point, once the practice of immersing into your senses takes root, the feeling of your physical boundaries will disappear; you may experience being as light as a feather, bathed in golden light, floating suspended in consciousness. You are, but you are not. In this way you can grow in consciousness until every cell is penetrated. The moment consciousness touches the cells, they are different. The very quality of the cells changes.

You can set a clock for the period of time you wish to devote to the experience, or you may leave it up to your inner clock, which, after a period, spontaneously returns you to normal consciousness (along with the sense of having lost all track of time). You are likely to notice that after such an experience you feel refreshed and rejuvenated, as though you have had a drink directly from the source of life. It is also beneficial to practice this meditation before sleeping at night, or at any time during the day when you need to recharge your energy.

## Orgasm Is a Spiritual Experience

### I

Probably most of us have given little thought to where the word *orgasm* comes from, and what it actually implies. *Orgasm* derives from the Latin word *orgia*,<sup>1</sup> which describes a pagan religious ceremony in which people became ecstatic—so ecstatic that their bodies were bursting with divine energy and they were able to lose themselves in time-stopping bliss. In the word *orgasm* we see our origins reflected in language, reminding us that in earlier days humans gathered together in large groups to perform rituals with the intention of deliberately moving into ecstasy. Attaining orgia was a way of praising and expressing gratitude to Mother Earth, extolling the marvel of her creation. With simple dance steps, singing to the rhythmic beating of the drum, and celebrating for days on end people became almost drunk with the divine, accessing gloriously heightened states of sensuality and sensitivity. Participants returned from the ceremonies rejuvenated, overflowing with love and zest for life.

Today few opportunities for expression of orgia exist. There has been a shift away from emphasis on the physical body toward emphasis on the mind. Instead of sharing energy by dancing and singing together, people are more likely to meet in large or small groups to exchange ideas, discuss, argue, or gossip. We have become disconnected from our bodily sensitivity and lukewarm in our physical responses; as a result we experience a lack of fulfilling orgasm during sexual exchange. In this restricted environment sex loses its natural healing and regenerative powers. Man and woman have lost touch with the uplifting spiritual connection once regularly accessed through the physical body.

Human beings can only genuinely begin to affect or change their social environment through a dramatic and drastic reevaluation and re-evolution in sex. The repression and suppression of normal, healthy sex that has prevailed for the last few thousand years of civilization has had a severely polluting effect on the beautiful, loving, natural expression that sex is. At present it can safely be said that the source of most social disturbance and violence has its root in sex—or, more to the point, the lack of nourishing, fulfilling, uplifting sex. It is as if our society has become sexually unwell. Sex itself is not sick, but the mind—the psychology of humans surrounding sex—has become tainted, almost toxic. The sexual abuse of all kinds that occurs somewhere every minute of every day provides acutely painful evidence of the sexual distress present in society. Through widespread misinformation, sexual energy is unconsciously repressed and creativity is diminished. The prevalent lack of understanding about the nature of male and female energetic interaction means that contemporary sex rarely achieves a full expression of its spiritually regenerative potential. Although at first glance sexual perversion, sexual abuse, aggression, and war might not appear to be directly related to a lack of fulfilling and nourishing sexual experience, the rejection of an expression that is our inherent nature contributes to all of these unfortunate outcomes.

Through misunderstanding the significance of sex over and above reproduction, a woman can easily find herself forced to accept a loveless, intrusive, and abusive sex life. She may sincerely want to produce children and to love, feed, and care for a family, yet she devotes herself to all of this heartfelt expression in the absence of any regenerative and uplifting orgasmic experiences for herself. And this lack of sexual fulfillment holds true for



men, too, most of whom, even after a lifetime of sexual experiences, still believe that ejaculation equals orgasm (which, as we have already mentioned, it does not).

Biology, as the means by which life here on Earth is preserved, is without question basic to sex. Without biological sex, life as we know it would cease. Almost all forms of animal and plant life unite male and female elements to re-create life. Sometimes the two elements are in separate entities, sometimes not. Sometimes the entities join physically, sometimes not. In whatever way the miracle of fertilization occurs, sex functions to create new life, extending the collective life of all the species. Sex fully engages all levels of life in all forms in a most extraordinarily wholehearted process in order to ensure the continuation of the species.

Even though it is no novelty, human birth will forever be the most awesome of miracles. The innocence, integrity, and delicate perfection of translucent new life touches and warms the heart in the most enchanting of ways. Even so, the ability to reproduce another human being represents only our basic biological expression of sex. This is our so-called animal nature, and it depends upon a downward movement of energy. Male semen is released by ejaculation (with or without female orgasm). Fusion and fertilization of the female egg follows, and another life is initiated, a life separate from the two lives that produced it.

But there is more to human sexuality than the physical ability to reproduce. Nature did not give us the captivating mystery of sex simply for quick male ejaculation and prolonged female gestation. In humans there is a higher dimension to sex—there is more to the meeting of male and female than meets the eye.

### The Upward Movement of Sexual Energy

Humans are designed to experience altered states of consciousness during sexual union—states that engender a blissful experience of union with the whole of existence. In this orgasmic ability we differ from our friends in the animal kingdom (with the exception of dolphins, who are understood to experience higher energetic states during sexual play). Our bodies come with the innate capacity to expand energetically from the sexual center. When correctly harnessed this expansion results in altered states of consciousness: valleys of ecstatic relaxation and peaks of orgasmic expression.

The impact of upward-moving sexual energy is relatively unknown in the West and is explored by only a few. But if we turn to the East we encounter (in China) a far earlier culture whose medical practitioners urged such energy practices for good health and longevity. In India a far earlier religion also recognized and cultivated this upward-spiraling energy as the spiritual aspect of sex, as sacred sexuality.\* When the energy is routed in this vertical way as an expression of the higher, generative aspect of sexuality, sex protects the body and is experienced as a rejuvenating and life-giving force in the human being.

In generative sexual expression, the intent and function are more or less opposite from the intent and function of its biological counterpart. There is no biological requirement to ejaculate semen (to coincide with ovulation). No additional life is produced; instead, the energy is retained and remains within the participants themselves, renewing lives that already exist. The lovers feel enriched, energized, loving, and joyful.

Inward and upward movement of energy during generative sexual play occurs of its own accord with the balance and alignment of male and female genitals. Energy moves according to an innate polarity, which we discuss in depth in Chapter 4. Genitals together generate energy that rises upward through internal channels eventually to reach, and return to, the “master” endocrine glands in the brain, the ultimate source of all hormonal information given to the body.

These glands, particularly the pituitary and pineal glands, themselves produce our sexual expression.<sup>2</sup> (At high levels of hormonal purification, the body will even release perfumed fragrances.) The pituitary gland is located between the eyebrows, above the nasal cavity. It is the master endocrine control gland regulating growth, gonadal function, the adrenals, and the thyroid. This gland is said to govern the forebrain, vision, and the right eye, as well as being the seat of love, compassion, knowledge, love of humanity, and devotion. It is also involved in intelligence and conceptual memory, which we use in reading, thinking, and studying. Close by is the pineal gland, located toward the crown of the head above the midbrain; its functions are related to sensitivity and to the sexual cycle. The pineal gland governs the hindbrain, hearing, body rhythms, equilibrium, and the perception of light through eyes and skin.

Given all of these functions that we take for granted, it becomes obvious that feeding and nourishing these master glands with our sexual energy—our life force—is bound to be to our distinct advantage.

When energy spirals upward it produces a vitality that radiates from the whole being. One feels cellularly drenched with contentment, love, and peace. Sex experienced in this way is empowering. Energy is not released; it is produced, strengthening the immune system and enhancing all kinds of creativity. An individual can extend her life by producing this generative energy rather than simply duplicating it, as is possible through the downward-moving expression of reproduction. Nature gives us sex so that we may have the opportunity to transcend the limits of our physical boundaries, to float as filaments of vibrating light and love. The experience of generative sex keeps a person youthful, adventurous, and responsive to whatever life brings.

It seems incredible to realize that the spiritual realm of orgasm—the most fulfilling gift human beings possess—remains unexplored during an age in which humankind has penetrated outer realms with its increasingly sophisticated technology. In spite of all of our technological know-how, we find ourselves stumbling around in the sexual arena, tethered by ignorance and by complacency. We assume that simply by virtue of being a woman or a man, we will automatically know everything about the sex act.

How then is it that woman knows so little about her body and her sexual potential? Perhaps at some time in the past this knowledge was deliberately kept secret from her, making her a more compliant slave to the appeasement of man's appetites. But it comes as no surprise to women that modern men are even less informed than women about women's bodies—or, for that matter, about their own bodies. Women have a longstanding affinity with intuitive knowledge—commonly referred to as “women's intuition”—which most men are less able to access as the truth residing within their bodies. By looking (and feeling) within, women need to take the lead in making a place for generative sexuality, and for the love that follows.

In the absence of a woman's cooperation in sex, the divinity of the sex act is near impossible to encounter. Generations of insensitive handling and abuse of women by men has led to situations in which sex, to a lesser or greater degree, is lovelessly imposed upon women. When a man repeatedly enters a woman's body before she is really prepared for penetration, the woman will feel turned off to sex. A certain repulsion may even begin to set in. In time, many a woman will close down physically, eventually turning away from sex if possible. When unable to avoid it, she becomes a master at submitting, enduring the minutes prior to ejaculation. Once she becomes resigned to lack of satisfaction in sex, woman can actually feel grateful for premature ejaculation in the knowledge that everything will soon be over.

Man has lost his masculine ability to “speak” meaningfully to the female body, the ability to spiral in on her in such a way that she welcomes penetration with her whole being. He has become so accustomed to woman giving in and yielding to him that he has forgotten (or has never experienced) the true taste and flair of cooperative sexual expression, the dance of male and female sexuality in perfect balance, in which woman sumptuously participates, transforming the experience into a sinuous, winding, dynamic dance between bodies. Such an experience in itself can give man the feeling of his worth as a male of the species—and for many a man it will be the first time he feels this way in his life.

### Woman Is the Environment of Sex

It is impossible for man to know more about a woman’s body until she comes to know a little bit more about herself. With constructive input, a woman can learn how to transform the quality of her sexual experience, even in the absence of conscious cooperation from her man. Woman’s influence in the sexual realm is such that she can drastically alter the experience *if* she knows how. This gives her the capacity to make satisfying love for the rest of her life and to find the love she seeks without necessarily having to change partners.

Because a woman’s body is most often judged from the outside by its shape, its proportions, and its curves, a woman has a bird’s-eye view of herself. She is accustomed to seeing herself from a distance, from without; rarely does she truly feel herself from within. When a woman learns how to nourish a romance with her own body, to unite with it from the inside, alive in all her senses, she exudes a breathtakingly feminine quality that transforms the atmosphere around her.

Unfortunately, most modern women have no information whatsoever on how to accomplish such a transformation. Out of disappointment and frustration, many women today abandon sex altogether, trusting that their love for children or career will compensate for the loss. In so doing a woman commits a travesty of justice: she denies herself an essential part of being a woman. Resignation begins to settle firmly around her mouth. Often a woman feels a longing for grandchildren (for another cycle of reproduction) so that she may once again feel love flowing within her.

In an ideal world, grandmothers would inspire their grandchildren by talking freely about their most nourishing experiences with sex, guiding their grandchildren along the right track, encouraging them to give and receive love. But as it stands in our culture, our mothers and grandmothers and great-grandmothers have, like ourselves, had no access to higher forms of sexual expression. In the sexual realm, they have nothing to pass down in the way of wisdom or insight.

This does not mean that no such wisdom exists. When we look to ancient traditional cultures of the East we find an open conduit to sexual wisdom. Central to that wisdom is the knowledge that woman is the environment, the container, the receptacle for sex. Her vagina is the space into which man physically *enters*. And, in great contrast, woman *receives* man physically into herself. These two functions—entering and receiving—are very different. Man is the guest; woman is the host.

Because of the internal design of the vagina, woman is able to exert a powerful influence during the sex act. This command that a woman has in sex, as the environment of sex, can best be illustrated by simple analogy. If you were to enter a room that was crowded with furniture and hectic with the blaring sounds of a television and the ringing demands of a telephone, this atmosphere would likely have a negative impact upon you. It would probably strike you as being frenzied, congested, chaotic, and a bit overwhelming. You might feel

encapsulated by pressure and tension, and most likely your immediate impulse would be to get out into the open air again as soon as possible.

In contrast, if you were to enter a room that had a feeling of spacious emptiness enhanced by just a few essential furnishings, where the sound of a flute hung suspended in air that was fragrant with sensuality, such an environment would exude peace and tranquillity. Rather than inspiring tension, it would inspire a sensation of inner space, expansion, a feeling of coming home. The embracing atmosphere, the absence of external pressures, and the open space would give rise to an inner relaxation. As harmony and serenity descended upon you, you would probably take a deep breath and arrive fully in your body.

Now consider the event of male penetration into the female body. Just as the environment in a room has a profound effect upon the human psyche, the ambience within the female body can, and does, have a transforming effect upon man. It is extremely influential. Man is utterly affected by woman and yet he is ignorant of the extent to which this is so. Through intentionally creating a serene, receptive internal environment a woman can prolong the sex act. She can help man to delay, and even to avoid, ejaculation.

The real sadness, though, is that woman remains as unaware of her true capacity as man does. Not knowing how to tap into it, she too fails to experience her intrinsic power, leaving her deeper realms of female sexuality unexplored. Understanding the real nature of female sexual expression can reunite woman with her god- and goddess-given power. When woman enters the sexual act within her female element, sexual fulfillment and love will be the natural consequence. Every woman possesses this natural ability to transform lovemaking into a wholly satisfying and spiritually transcendent experience. All women need is useful information on how to go about it.

### Tantric Inspiration

Orgasm is a state where your body is no more felt as matter; it vibrates like energy, electricity. It vibrates so deeply, from the very foundation, that you completely forget that it is a material thing. It becomes an electric phenomenon—and it is an electric phenomenon.

Now physicists say that there is no matter, that all matter is only appearance; deep down, that which exists is electricity, not matter. In orgasm, you come to this deepest layer of your body where matter no more exists, just energy waves; you become a dancing energy, vibrating. No more any boundaries to you—pulsating, but no more substantial. And your beloved also pulsates.

And by and by, if they love each other and they surrender to each other, they surrender to this moment of pulsation, of vibration, of being energy, and they are not scared. . . . Because it is deathlike when the body loses boundaries, when the body becomes like a vaporous thing, when the body evaporates substantially and only energy is left, a very subtle rhythm, but you find yourself as if you are not. Only in deep love can one move into it. Love is like death: you die as far your material image is concerned, you die as far as you think you are a body; you die as a body and you evolve as energy, vital energy.

And when the wife and the husband, or the lovers, or the partners, start vibrating in a rhythm, the beats of their hearts and bodies come together, it becomes a harmony—then orgasm happens, then they are two no more. That is the symbol of yin and yang; yin moving into yang, yang moving into yin; the man moving into the woman, the woman moving into the man.

Now they are a circle, and they vibrate together, they pulsate together. Their hearts are no longer separate, their beats are no longer separate; they have become a melody, a harmony. It is the greatest music possible; all other musics are just faint things compared to it, shadow things compared to it.

OSHO, TRANSCRIBED TEACHINGS,  
*TANTRA: THE SUPREME UNDERSTANDING*

## Awareness and Sensitivity Preparation

### Developing Soft Vision

To help your energy (which usually moves outward) to fall back in upon your own heart, it is helpful to learn *soft vision*. In soft vision you reverse the usual visual process and imagine you are receiving inwardly through the eyes rather than looking out through them.

To begin: stand, sit, or lie (in the position described at the end of chapter 1). Close your eyes and bring awareness to your body, finding a location such as the belly or heart or solar plexus that feels like “home” to you. It should be a place that easily connects you to your inner world and acts as an anchor for your awareness in the body. It is a resting place, an inner resource around which you gather yourself and from which you experience and create the present moment. If your whole body feels like home to you and there is no specific area that grabs your attention, a generalized body awareness is fine too.

When you have the sense of being rooted in your body, connected with yourself from the inside, open your eyes extremely slowly, millimeter by millimeter, allowing anything that falls into your range of vision *into* yourself *through* your eyes. It can be a flower, a candle, a plant, a painting, a view in the room, a wall, a ceiling: simply imagine that whatever appears before you—the texture, the light, the color—is *entering* you, penetrating you through your eyes. The looking becomes passive, as if vision is reversed. Your eyes are receiving energy, not dispersing energy, as seems to be the case in normal looking.

While practicing this way of seeing, the trick is to pay attention to your body and to stay rooted in the bodily home you have identified. The intention is not to lose the connection to yourself once your eyes are opened. Losing connection to the body when the eyes are open is bound to happen again and again as you make your first few attempts. As soon as you notice you are absent from your body, more involved in looking outward than directing your awareness to your inner world, close your eyes immediately and reconnect inwardly for several seconds. When settled and rooted inside again, open the eyes very slowly. Continue with this process of opening the eyes while staying connected to the body and closing when you lose connection until you get the hang of it. Practice is required in the beginning; after a while it will become easy. You can also practice soft vision in nature—with a waterfall, with a tree, with a sunset, with the moon—and you will have memorable experiences of peace and love.

## Tantric Meditation

### Meditating on Light

When you feel comfortable with soft vision you can make a special meditation of it using the power of light. Meditation on light is one of the most ancient meditations. Light has

been emphasized because meditating on light causes something inside you that has remained asleep to start opening its petals. Through time and the collective wisdom of those seeking transcendence through the body, this process has come to be associated with the light-sensitive pituitary gland, situated in the body at the site of what yogis call the third eye.

Give yourself half an hour or more for this experience. Create a harmonious environment and sit in front of a candle. Using soft vision, allow the flame to enter you. When the eyes need a rest or you lose connection to your body, close your eyes and continue to visualize the light penetrating you through your eyes. Alternatively open and close the eyes as feels most comfortable to you.

Let light become your meditation: whenever you have time, close your eyes and visualize light. Wherever you see light, be in tune with it, be alert to it, be prayerful toward it, be grateful to it.

## Orgasm versus Orgasmic

### I

The nature of female orgasm is not easily generalized—quite possibly there are as many kinds of orgasm as there are women having them. Even so, in order to understand the nature of feminine energy it is helpful to look at orgasm from a number of angles. Orgasm can be loosely divided into two categories—peak orgasm and valley orgasm. Naturally there can be a whole range of experiences between a peak and a valley, but what distinguishes one from the other is the very basis of each type—the peak orgasm depends on an active buildup of excitement and the valley orgasm arises from relaxation.

### Peak and Valley Orgasms

Let us consider in detail the differences in these two approaches to orgasm. From the very outset the approach and attitude is different, one from the other. First of all, we tend to intentionally seek and “go for” the peak type of orgasm, to deliberately build it up to a climax. Achieving a peak orgasm becomes a linear, goal-oriented activity requiring a mental intention to get from one place to another. We assume that we need to *do* whatever we consider necessary to reach our final destination—the peak. A valley experience is more like an invitation without an expectation or demand of orgasm. Something may or may not happen. And when it happens, it happens by itself. The final outcome is not at issue; rather, the focus is on the joy of the moment—being here and now in the body—which allows the journey to unfold without a predetermined direction. In place of pursuing an orgasm there is an openness to and acceptance of what is taking place in the body, moment by moment, which creates the sensitivity necessary for an orgasmic valley experience to emerge.

To arrive at a peak orgasm we must usually expend considerable physical effort. The aim is to intensify the stimulation and bring the deliciously exciting sensations into one glorious crescendo. This involves repeated mechanical movements of the pelvis, which get faster and faster toward the end. This activity is necessary in order to intensify energy to a peak, but at the same time it also builds up a lot of tension, which compresses the energy into the genitals. In contrast to all this customary activity, to enable a valley experience to flower we need to *be* more and *do* less, allowing everything to unfold very slowly in the most languid, easy, lazy way possible. We avoid deliberate efforts and any movements or positions that produce undue tensions. The penetration of the vagina by the penis is deliberately slow, and so are any pelvic movements. This relaxation between the genitals encourages a radiation and expansion of energy into other parts of the body.

The peak orgasm is usually quite a hot affair. In the valley things are a lot cooler. Any pleasurable moments of excitation can be enjoyed for what they are, but they will be followed by minutes of relaxation, not fed and inflamed into a climax of excitement. Through slowing down into a more non-doing approach and bringing awareness to internal movements of energy, we awaken an inner sensitivity that has little to do with excitement or stimulation. This sensitivity reveals a layer of magnetic excitation in the body that is cool, cellular, and ecstatic. A buildup of excitement is not even really required for the relaxed kind of orgasm.

Yet another way that a peak orgasm differs from a valley orgasm is in the duration of the experience. A peak orgasm is estimated to last, on a good day, around ten seconds. So we can say that a peak experience has a pretty definite start and finish. This makes it more like an event—we “have an orgasm,” or not, as the case may be. In contrast, the valley orgasm is a more sustained state, a timeless experience without a specific start or finish. It can last for a few moments or a few hours—the time span is irrelevant, but the experience is the same: In a valley orgasm, an ecstatic peace descends upon us, it surrounds, embraces, and soothes us, we are suspended in it. We “become orgasmic.” This is an expanded state of consciousness, not a momentary event measurable in seconds, like an orgasm.

When we merge fully with the subtleties present in the physical body, the sexual experience becomes ecstatically bodiless. This sounds contrary and upside down but in reality this is how it works. Energy turns inward and expands, streaming orgasmically upward. Rather than being discharged or released from the body, the energy gathers within the system, generating vitality and creativity. Sex experienced in this way enhances and strengthens the life force: beneficial hormones released during sex are delivered to the brain, nourishing the master pituitary and pineal glands situated there (as mentioned in the last chapter), with positive impact on good spirits, health, and longevity. Sex actually extends life.

The energy of a peak orgasm tends to work in the opposite way. In the peak experience the energy moves downward and outward, in accordance with the requirements of procreation. The intensity of excitement is followed by a pleasurable discharge of energy that is released down and out of the body. Evidence of this discharge is the fact that frequently after ejaculation a man will suffer a distinct loss of energy. He may even feel angry, restless, or disconnected from his woman. Many women observe that they too lose great amounts of energy in orgasm, just like a man but without the release of semen. Suddenly the willingness to make love evaporates; they find themselves without energy or inclination to continue. As a result of the discharge in an orgasm, a woman can often feel abandoned, lonely, sad, or depressed.

The peak orgasm is more or less experienced as a local genital experience because the sexual energy is not given the chance to expand, to touch other parts of the body. In fact it cannot expand because the very effort of achieving orgasm creates tension and thus a barrier to radiation of energy. The potentially beneficial energy is lost in release, rendering it unavailable for performing its natural healing and nourishing functions.

Special techniques do exist for deliberately extending the peak type of orgasm into multiple orgasms. By synchronizing breath and movement and relaxation, it is possible to assist energy to move beyond the automatic barriers and create expanded energetic states. Reaching these states usually requires substantial skill and focused concentration; rarely, though, do extended peak orgasms arise from an original state of relaxation.

### Opening to a New Approach

To make the sexual experience more fulfilling, in general, a woman would do well to tend toward the orgasmic approach—orgasm as a sustained state of being in the sexual exchange—rather than simply seeking out the peak type of orgasm. This approach depends a lot on the willingness to trust relaxation and intrinsic feminine receptivity.



Rather than trying to make something happen, you simply receive, and *be*, and absorb energy into the core of the body through the vagina. It's natural once you get the hang of it. All the same elements of sex are present but the composition is entirely different. What makes the greatest difference is the attitude and awareness of a woman within herself, a woman's willingness to tap into her true feminine spirit. This requires a deeper understanding of her body and the courage to honor and express the feminine element residing within.

Most women associate the clitoris with orgasm; however, the vagina is more centrally associated with orgasmic states. A rising understanding of this may lead a woman to reevaluate her clitoral experiences while exploring her orgasmic potential. (Chapters 6 and 7 are devoted to the vagina and the clitoris respectively.) Please be aware that when I suggest this alternative approach to orgasm my intention is to broaden the possibilities for satisfying sexual experience. It is *not* my intention to make you think in duality, to suggest that you make a separation between peaks and valleys or doing and being. In reality one cannot exist without the other, so any separation between them is false. Included are all the delightful gradations of exploration and experience linking these two. My intention is to convey that there are choices.

I simply invite you to reflect on your experience in light of the new information I offer here, to see how it might be of benefit to you. With this new approach, the orientation is toward relaxing into being orgasmic rather than searching with effort for an orgasm. Please don't be judgmental toward yourself for your "failure" to have orgasms or for having the "wrong" kind of orgasm. There is no wrong or right way to approach sex, no one to please but yourself. Perhaps, upon reflection, you will realize that you haven't allowed yourself to turn inward during sex, to feel yourself on the inside and discover what would please you. Perhaps you'll see that you've been working awfully hard to *succeed* at sex, as though you were performing in a play or taking an examination. Perhaps you'll conclude that you're basically happy with your sex life but the idea of trying a new approach appeals to your adventurous spirit. It is my sincere hope that whatever insights you gain about yourself by looking inward can shift your perspective in a way that allows you to improve your experience.

### Relaxation and Tension

Relaxation lies at the very base of any enhancement of experience, so relaxation and more satisfying orgasm go hand in hand. All orgasms, peak and valley, are enhanced by relaxation. Any relaxation (even briefly) of any body part invites the expansion of energy on which all orgasm and heightened experiences are based. Relaxation spontaneously leads to increased awareness, bodily sensitivity, and psychological openness. And relaxation produces qualities essential to feminine energy. Especially for woman at first, relaxation is essential because it shifts her away from the active, outward, male kind of expression required for conventional orgasm and puts her unquestionably into the receptive, feminine mode. An orgasmic state, or any orgasm achieved through relaxation, engages the genuine, deep-rooted, feminine energies of a woman, which allow orgasm to be a fully satisfying experience. This is a good point to remember when you feel unsure about branching out and exploring a new approach to sex.

Peak orgasms can certainly feel wonderful in themselves, but rarely are they deeply moving. We often feel basically untouched by them. If you find yourself reluctant

to explore something other than the tried and true, remember that there is more to sex than the candles on the cake, which can be blown out at any moment. Remember, too, that countless women report problems with the conventional peak style of orgasm, with getting their candles blown out nicely. Even with every best intention, it is not always possible to build up sufficient sexual charge to produce a meaningful or prolonged climax. In our effort to “get there,” our movements become faster and harder, more and more unconscious and aggressive, decreasing our sensitivity with each move we make.

The physical tensions inherent in the goal-oriented approach to peak orgasm are compounded by mental and emotional concerns about orgasm that are present even before we begin to have sex. Tensions increase with any kind of pressure and, unfortunately, most women feel pressured to have an orgasm in order to please the man. Man so enjoys the moments when a woman orgasms that he likes to make it happen if he can. Partly he likes to give his woman pleasure, but beyond that the ego issue is a very big part of the picture. When a man sees his woman orgasm, it confirms to him that he is indeed a good lover. This is something for a woman to be aware of, and we’ll attend to it more in a later chapter. It is good to know that many men are quite identified with (even addicted to) the excitement of their woman’s orgasm, if she is so lucky as to have one.

I am reminded of an occasion in a workshop when, after a few days of experimenting, a woman joyfully announced that she was finished with regular orgasms. They did not really do anything for her. In fact, she even noticed she felt much better without them. (I have heard women say words to this effect more times than I can count.) Much to her surprise this woman’s lover took her words very personally and reacted by withdrawing into angered silence. He unfortunately managed to receive her experiential observation as a personal insult—a message that he was no good and had been unable to satisfy her in the first place. He also felt threatened by the possibility that she would no longer be willing to have sex in the usual way, to try for peak orgasms for him or with him. Apparently he would have to sacrifice his customary approach.

### Overcoming a Lover’s Resistance

Be prepared for a little protesting from your man here and there, but don’t let that stall you for long. Don’t be too serious in exploring new sexual pathways; develop a sense of humor. Be a sincere adventurer rather than a giver of rules and regulations, a tendency that women can easily display when entering this new realm. Don’t get caught up in telling a man what to do and how to do it. The tantric realm is closer to woman because of her receptive nature, so she falls into it more naturally. Man has quite some dismantling of a huge, excitement-oriented sexuality to do. He requires understanding, even compassion; instead of criticizing him a woman can become a bridge for him, a way to cross back and forth between the new and the old approaches. For a man to become tantric requires the same inward focus as it does for a woman, in order for him to contact his natural masculine responsive force and not depend on the usual male strategies. Give him space to experiment, working in cooperation with the reality (man’s sexual conditioning) without getting fixated on the ideal, which will only cause tension and turn an adventure into a struggle. Of course, many men are delighted when women take more of a commanding role in sex. Thus your man may welcome your new interest with relief, and not see it as a threat to his ego. Certainly the situation has most potential when you explore together rather than as two separate persons each intent on his or her own thing.

Nevertheless, a woman can try out many of the suggestions offered in this book without her man necessarily having to agree (although he is bound to notice there is something more enchanting about the experience of making love with her). The truth is, changing a style of making love is an individual commitment, not necessarily a couple commitment. You as an individual have to wish to be more aware, receptive, and open—not too dependent on what your partner is up to or expects of you. Otherwise you can go around in circles and never break out of the trap you find yourself in.

For example, the situation may arise that your man wants to come. What do you do? You might join him, saying to yourself, “Well then, what the heck, so will I.” But this is not individual commitment; this is handing over to another person the responsibility for your own transformation. And that never works to one’s greatest satisfaction. Instead you might choose to *not* come, to relax and enjoy being with him during his experience but not force yourself into coming just because he is doing so. And if you decide, in fact, that this time you do want to come, then set about it in an easier and less effortful way. Be experimental and create the opportunity to experience yourself differently. Resist falling back to the known you, the tried and tested way. Experiment for your own sake and be curious about the outcome.

It might happen that, for a period of time while making love, a man still insists on his orgasm. But in the new context this can be after *an hour of delicious lovemaking*—which greatly changes the picture. And why not? In time, he may feel that it is less important to ejaculate, that he is pretty happy with how things stand at the moment; he feels quite fulfilled and notices he is energized afterward. Through experimenting and observing the outcomes of sex, sex begins to gain significance beyond simple entertainment. This is our usual gauge of sex—did we have fun? Was it recreational? In actual fact, far more telling about whether a good time was had or not is what happens *after* the experience.

#### Observe the Afterward

We tend to overlook how we experience ourselves after the sexual encounter. How do we feel? What is happening within me and between us? In workshops I insist to couples that “the time afterward is your teacher,” not my partner and I. By keeping an eye on your postcoital states, both of you will get insights into the genuine goodness of sex and what leads you where. If after making love there is at times a feeling of distance and at other times a feeling of closeness, what does this reflect? Review your lovemaking and see how it informs you. In time a totally new vision of sex starts to emerge through understanding your experience. The inquiry becomes, “How is sex able to spread its benefit to every moment of my life, every day, in and out of bed? How do I get the best out of sex as a human being, not just a human doing?”

Recently I received an email from a couple in Australia that may serve to relax women and encourage men. After they had found a section of my first book displayed on the Internet, the male partner wrote to me saying:

We printed the lot and took it away with us on our January break. The simple concept of letting go of goal oriented intimacy has been a revelation which has greatly enhanced the spiritual sensitivity of our lovemaking and the sheer pleasure and beauty of enjoying each moment for itself, the beauty of the feelings of each touch or caress, the moment by moment sensation of each kiss, the loveliness of each moment of body

contact, instead of each action being part of the path to the goal of orgasm. Being prepared to throw away the goals and letting each moment lead to the next brings pleasure to each moment and takes away all pressure to perform. We have been married almost twenty-five years and the spiritual dimension has always been important to us, but it is easy to get caught up in our Western approach of being goal oriented in almost everything we do, and so much of the Western material we read about sex is goal oriented. Best Regards.

Open up to the new alternative way, so that your man too can begin to experience himself in a new way. Remember, it takes a morsel before the taste can develop. Don't just give in to going with the usual, the male-dominated sexual expression. A real woman does not stand a chance there. In giving in (or giving up), both men and women are the losers and nobody is a real winner.

Orgasm is a gift from the divine, a sip of the sweetest nectar. It is nothing to demand, expect, or chase after. If there is too much tension coming from expectations in sex, misery or frustration is bound to follow failure. Orgasms are not required every time we make love. An easygoing, innocent, unexpectant attitude creates the milieu for the orgasmic experience. So begin to change your thoughts on orgasm. As you enter sex, do something unusual: forget about orgasm. Avoid looking for sensations that could be the beginning of a climax; avoid heading for orgasm the moment your man penetrates you. Be as receptive and welcoming to the penetration as possible, paying close attention to the feelings in your vagina.

Observe within yourself the minute cellular phenomena present in the body in any given moment. As time is comprised of millions of magical moments strung together, the details are constantly changing, and these can become a constant source of delight.

Living these inner changes makes the sexual experience an organic one. Orgasm is not necessarily a huge explosion, a volcanic eruption. It can be a cool, peaceful, calm, relaxing valley where the body floats as light as a feather, dissolving into love-drenched nothingness. It can be the experience of eternity, beyond time, suspended in space by breath, one with the pulsation of life. It also happens, as if by miracle, that from this depth of relaxation a peak of energy arises, but without any effort at all. A subtle force rises slowly and steadily from the depths and moves into a sexual dance, choreographed by a divine energy passing through the bodies.

### Tantric Inspiration

Relaxation is a state. You cannot force it. You simply drop all negativities, the hindrances and, it comes, it bubbles up by itself. What is relaxation? It is a state of affairs where your energy is not moving anywhere, not in the future, not to the past—it is simply there with you. In the silent pool of your own energy, in the warmth of it, you are enveloped. *This* moment is all. There is no other moment. Time stops—then there is relaxation. If time is there, there is no relaxation. Simply, the clock stops; there is no time. This moment is all. Relaxation means this moment is more than enough, more than can be asked or expected. Nothing to ask, more than enough, more than you can desire—then the energy never moves anywhere. It becomes a placid pool. In your own energy, you dissolve. This moment is relaxation. Relaxation is neither of the body nor of the mind, relaxation is of the total.

Osho, transcribed teachings,  
*Tantra: The Supreme Understanding*

### Awareness and Sensitivity Exercise

#### Partner Exercise to Harmonize the Energies

An energy-harmonizing exercise such as this one can be used to attune you and your partner to one another. Give yourselves about half an hour. It can be done as described here, as a practice in itself, or as a mode of foreplay that continues into making love. The harmonizing exercise finishes with both of you standing up, which is really one of the best ways to begin making love—kissing and embracing and gradually proceeding to the bed. Prepare a meditative atmosphere around you and your partner. Place cushions opposite each other a little distance apart. (Use chairs if necessary.) Sit upright with crossed legs, if possible, and a comfortably straight spine. Your spine will be better supported if you sit directly on the bones of the buttocks (sitz bones), so do lean forward and pull the flesh of your buttocks slightly apart and away from you. This will create a slight arch in the lower back, which makes sitting on the floor with crossed legs easier to sustain.

Sit facing each other in the night, by candlelight or by moonlight, and hold each other's hands crosswise. Use soft vision, as described at the end of chapter 2. For about ten minutes look into one another's eyes; if your body starts swaying, allow it to. You can blink, but go on looking into one another's eyes. Whatever happens, don't let go of one another's hands. After ten minutes, close your eyes and allow the swaying to continue for a further ten minutes.

Then stand and sway together, holding hands for ten more minutes. You can have eyes open or closed, whatever feels most comfortable for you. Finish with a warm embrace. This exchange will mix your energy deeply.