

# EROTIC MEDITATION

## THE PRACTICE:

1. Invoke sacred space.
2. Check in: Desires, Fears, Boundaries.
3. Get into the initial position.
4. Meditate together with the hands not touching your partner.

Active Partner	Receptive Partner
1. Open to a sense of the flow of energy or life force or light.	1. Use any sensations that arise to establish a strong base in the Observer.
2. Rest in stillness until the stream is entered.	2. Switch the attention to how SPACIOUS the space is around the Observer.
3. Once in the stream, surrender to its flow through your body.	3. Dissolve into SPACIOUSNESS.

## TIPS FOR BOTH PARTNERS:

- Realize that you can not do it wrong. Relax.
- At the beginning, taking a few breaths together helps to create a sense of connectedness.
- Resting as Stillness or Presence or Peace, direct your attention into your lower abdomen area.
- Open to a receptive state in yourself and with your partner.
- Stay connected with your bodily sensations and with your breath.

## TIPS FOR THE ACTIVE PARTNER:

- Stillness is the default state in this practice. Any time you notice you are doing something that feels familiar or you find you are moving from an idea/thought of what is right, STOP and rest in stillness before allowing authentic movement to arise.
- If you are not sure what to do next, then slow down or move to stillness. Drop into your breath and into body awareness. Move towards what feels in your body like it would facilitate more flow and connection.
- When you do move, be very slow with the touch.
- Use your whole body as if feels appropriate. Do not limit the touching to just your hands.
- Vary the type and intensity of touch. Let the flow of your receptive intuition guide you.
- Always stay relaxed and grounded. If you notice any tension or efforting, breathe into the area and create a soft loose open space around any part of you that is not open and relaxed.
- While staying receptive, orient towards the activation of erotic pleasure in the receiver. This practice is not about mutual stimulation.
- As it feels appropriate, remind the receiver to breathe and to observe and welcome all that is arising within the body/mind.
- Notice if the receiver has “checked out” or shut down. Pause and remain in stillness while maintaining contact. If necessary, remind the receiver to feel into their body, to connect with their breath.
- If you sense the man is about to ejaculate or is contracting attention into his vajra: 1) remind him to breath, and 2) help him to circulate the energy throughout his body.

## TIPS FOR THE RECEPTIVE PARTNER:

- Let body sensations, emotions and thoughts arise and depart ON THEIR OWN. No chasing one experience and no neglecting any experience.
- If you find you are unable to stay present and open to a particular sensation or touch for any reason, ask the Giver to pause and remain in stillness and contact until you give a signal to continue. A good alternative to *verbally* asking the Giver to pause is to simply place your hand on their hand.
- Allow awareness to rest in the internal Observer or in All That Is. Just notice if the mind is wanting more or less of one particular sensation.
- If thoughts arise, do not try to suppress them. Simply witness them with a loving awareness. Bless and release them.
- Have the intention to not have any intentions. Simply witness what is arising and what is departing from awareness.
- Let any body movement or sounds come without any resistance and without any augmentation.
- Cultivate a neutrality towards whatever is arising in your experience. Be fully present with whatever is arising without any judgments or effort to change it, make it stay longer or make it go away.

## AFTER THE SESSION

- Create a space to share with your partner what was touched within you. What felt familiar? What felt new? Let one person speak without interruption, listen with your full attention, then switch roles.