

ORGASMIC YOGA MEDITATIONS 2015

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With special thanks to Eric Francis for Meditation #6

You are invited to describe and submit for inclusion your own Orgasmic Yoga Meditations.

HEART PLEASURING

What if young people, especially pre-teens, learned about masturbation as a spiritual practice from their parents and from their religious traditions?

Quodoushka teacher Harley Swiftdeer advocates educating young folks in the practice of generating intense energy in their genitals and then raising that energy up through the body to their hearts. This tradition teaches young folks that masturbating results in having orgasms in your heart. This “Heart Pleasuring” is quite different from “having a wank.”

It takes years to learn to block one’s sexual energy from connecting with one’s heart energy. When children are taught to fear sexual feelings, they learn to constrict muscles and learn to release their sexual excitement as quickly as possible. By making masturbation a sin, religions gain control over individuals from an early age. When you control people’s sexuality, you control their whole life. This learned separation of the heart from the genitals is the central tragedy of Western sex education.

You are invited to spend this whole month channeling your sexual arousal into your heart. Let every caress, every stroke celebrate everyone and every thing you are connected with. Heart Pleasuring can easily be integrated into other Orgasmic Yoga meditations.

Cherokee teacher Ina Laughing Winds offers some very specific instructions for Heart Pleasuring. The masturbator should clench the pelvic floor muscles with each breath, visualizing the heart pulling erotic energy up from the genitals. Laughing Winds says that by pleasuring our hearts, we become aware of “our relationship to everything. Our relationship to other humans, to other animals, to the plant world, the mineral world, the spirit world.” In this approach to masturbating, we are making love to the whole world.

Finish this meditation lying on the floor with five minutes of stillness.

GENTLY RESTING GENITALS

Orgasmic Yoga is a mindfulness practice. This means we place part of our attention on our practice and part on our intention to practice. In this meditation, you can assess your genital sensations/numbness, as well as your ability to be focused/distracted.

The Gently Resting Genital Meditation is practiced without activating sexual arousal. We place our attention on our genitals first through imagination, then through breath, and finally through touch.

Choose to sit or stand. Craft your intention. Notice how you value and/or resist this specific meditation. (For example, this might be your most profound learning in the whole course.)

Without touching yourself, bring your conscious awareness to your genital area. On a scale of one to ten, what is your genital awareness score? As you go through this meditation, you may wish to compare changes on the awareness scale.

Part I: Spend a few minutes paying attention to your genital geography. Try turning on an internal sense: gaze, hearing or feeling. When you become distracted, gently bring your awareness back to your genitals.

Part II: Now spend a few minutes breathing to awaken genital sensation. Inhale and exhale through your genitals. Relax constrictions with each breath. Nourish all of the cells in your pelvic realm with O2.

Part III: Let your attention be guided by your hand cupping your genitals. For a few minutes, experiment with various pressures, touches and vibrations. You can also expand your touch into a genital massage.

Notice sparks in the genitals that might evolve into arousal. Do you feel any pull from familiar arousal patterns? If you choose to become aroused or arousal happens beyond your choice, you may wish to come back to this meditation another time.

In the final minutes of your meditation, reflect on your experience. Consider what distractions and difficulties inhibited your focus of attention. Welcome any changes in your genital awareness into your day.

EXPLORING THE LAND DOWN UNDER

The world would be a better place if more humans massaged and played with their assholes. Orgasmic Yoga offers you the opportunity to develop a new relationship with your pelvis, especially your anus. If you are not connected to this pleasurable and intelligent part of your body, Orgasmic Yoga invites you to take your asshole on a date—a date that includes sexual arousal.

Anxieties centering on hygiene are the major inhibition to self anal touch. So the shower might be a good place to begin any anal body meditation. Jack Morin's revolutionary guidebook, *Anal Pleasure and Health*, suggests inserting a finger in your anus every time you take a shower. Some yogis include anal clenches and pushes with their self anal massage with astonishing results. Might this simple practice change your sex life?

As you develop your anal choreographies, you may wish inspiration and guidance from Joe Miron's class in *Self Anal Massage*: <http://www.eroticmassage.com/node/1493>
Take notes as you view this thirty-minute course. Then embody the notes.

PELVIC FLOOR WORKOUT

There are numerous exercises that tone the weave of muscles that comprise the pelvic floor. These muscles surrounding the genitals and anus are also known as the PC (pubococcygeal) muscles. This weave of muscles is so crucial to sexual health and pleasure that it should be exercised every day—forever. There are three basic exercises, developed by Dr. Arnold Kegel, for experiencing and toning the pelvic floor.

1. Slow Clench: Squeeze the muscles of your pelvic floor (PC muscles) as if you were stopping the flow of urine. Do this as you inhale slowly. Relax those muscles as you breathe out. Notice especially your anal sphincter muscles clenching and relaxing with each breath. Vary this exercise by clenching your PC muscles as you exhale, and consciously relaxing on your inhale. Experiment to see how these variations feel in your body.

2. Flutter: Clench and release the PC muscles with quick panting breaths. Play with the clench both on the inhale and on the exhale. Be sure to let your breath fall out rather than forcing it out. Some folks are good at clenching PC muscles but have difficulty relaxing them. You can monitor the release of pelvic muscles by inserting a finger in your anus.

3. Push Down: This exercise gently pushes the pelvic floor down. This push may also involve your abdominal muscles. Some folks may feel anxiety doing this exercise. This movement is used for defecation.

You can create your own pelvic floor workouts by varying these three exercises. Explore differences in rhythm, depth, strength, and duration.

The elevator choreography is a structure that allows you to play with all three Kegel exercises. Pretend you are on an elevator, going up. Start with a gentle tightening of the pelvic floor. This is the 2nd floor. Then relax and imagine that you are going back down to the 1st floor. Go up the elevator again. As you reach the 2nd floor, tighten your pelvic floor muscles as before. Take it even further to the 3rd floor and tighten the muscles tighter. Then go back to the 2nd floor and then the 1st floor (relaxed). Continue this process up to the 5th floor, contracting your pelvic floor muscles tighter and tighter as you “go higher” in the elevator. At any floor you can stop and step off the elevator by holding the contraction of that floor. After you have looked around, get back on and continue by stopping at each floor on your way up or down. There is something interesting in the basement. Check out the basement by pushing down the pelvic floor. Play on the elevator as long as you want.

We recommend integrating the pelvic floor movements into your Orgasmic Yoga sessions. You will also benefit by doing these exercises in non-erotic situations. Try a hundred a day of each variation. Placing your attention on the movements is as important as doing the movements.

EROTIC METTA

This Orgasmic Yoga meditation directs loving kindness to one's self and to then out to others. The intense physicality of sexual arousal provides a powerful foundation for these affirmations of love for self and love for others. Begin this meditation by placing your attention into your chest area while caressing your body into an aroused state.

Focus your attention on your heartbeat. Breathe while being present to the sensations in your chest and the sensations in your genitals.

It is now time to speak into your heart, "May I be peaceful." Breathe these words again and again into your heart. Breathe these words into your genitals. Eventually breathe, "May I be peaceful" to all parts of your body. Let your whole somatic being "be at peace."

Continue your breathing and your self-erotic caressing.

It is now time to speak a second phrase into your heart: "May I be happy." Breathe in this prayer. And then breathe into your aroused genitals "May I be happy." Breathe as you savor the feelings of happiness throughout your body.

Continue your breathing and your self-erotic caressing.

Speak a new phrase into your chest, into your heart, "May I live with ease" in this body. May I live with ease in my heart. May I live with ease in my erotic body. Breathe ease throughout your whole body. Savor the feelings of well being.

Continue your breathing and your self-erotic caressing.

Become aware of the body in which you are living. Feel this pulsating aliveness from within. And pray into your heart, "May I be free from inner and outer harm." And pray into your awakened genitals, "May I be free from inner and outer harm." Let your whole body resonate with freedom from harm, with vibrant well being.

Continue your breathing and your self-erotic caressing.

EROTIC METTA (CONT)

Bring your awareness back to the connection between your heart and your genitals as you breathe full deep breaths and pray, "May I care for myself joyfully on this earth." Savor as you breathe these words throughout your body erotic.

Continue your breathing and your self erotic caressing.

Savor your awareness of your lived body. Place your attention on the connecton between your heart and your genitals. Speak your final praying into the core of your being, "May I come to know freedom." Allow your body to feel the sensation of bodily liberation.

Continue your breathing and your self erotic caressing. Allow for a period of no thoughts, no words, just being.

Now go through the same process while praying for others. You can pray for folks known to you or unknown to you. See the two examples below.

May my family be peaceful.

May my family live with ease.

May my family be free from inner and outer harm.

May my family care for themselves with joy.

May my family come to know freedom.

May all beings be peaceful.

May all beings live with ease.

May all beings be free from inner and outer harm.

May all beings care for themselves with joy.

And may all beings come to know freedom.

Finish this meditation lying on the floor with five minutes of stillness.

IN THE MIRROR

Soloving is the act of making love to your self. This Orgasmic Yoga meditation involves the simple, yet profound act of masturbating in front of a mirror. Eric Francis offers some guidance for creative soloving. Eric's most radical suggestion is to look into your own eyes during the session and keep that eye contact as you climax.

Through the Looking Glass

One of the most powerful memes, or repeated messages of both religion and advertising is, "You are incomplete and you need another person." So, very early in life, we are cast off from ourselves and embark on an endless quest of finding the perfect other. And it turns out to be a pretty hopeless search for most people, wrought with endless pain and loss, which ferments into resentment and hatred. You will not find anyone outside yourself until you have found you deep within yourself. Our culture pushes the idea of monogamy, but we forget that "mono" means ONE. You are the one.

Mirror masturbation is a confrontation with your essential self, your uncluttered beauty and your most real sexuality. This is the basic exercise in authentic self-expression. It may seem shameful at first, and you may be repulsed by the idea. You may think, "Why would I want to do that?" or immediately conclude that it's stupid or disgusting; you may feel a shot of fear course through your body, perhaps the fear that you'll get caught, or that someone else will know. Or you may be thrilled at the prospect of such an adventure.

Masturbation is about being your own lover, and mirror masturbation is a very direct and obvious way to experience this.

"As soon as I start touching me, this face changes," my friend Maria wrote to me yesterday. "There is my lover looking at me. It is the All. I feel myself being very soft, feeling what I feel, slowly, deep. No pressure, no force, no fear. Nothing but listening and watching. And I know I am in love with my soul, my eyes, my face, the warmth of my body. I am becoming my own lover. I have found my way back home."

The fact that so many people are repulsed or would never dare to talk or think about masturbating passionately and

IN THE MIRROR (CONT)

lovingly in front of a mirror is an indication of its power. The veil is shame. Shame is powerful; it is a door. Where you feel embarrassment, you are holding back energy. Shame is the map to your strength.

Go through the door and find out what is on the other side. In any aspect of sexuality, the stronger the shame, the more pleasure and power it conceals. Sexual shame conceals a deeper shame of being alive. Often a great well of guilt is veiled as "a little guilt," and I suggest you explore this possibility. If you have any lingering traces of resistance or guilt around your existence, here is where you'll uncover them, and where you're likely to let them go - in front of a mirror.

Some people suffering from self-hatred in the form of "body image" issues, like not being good-looking enough, feeling overweight or underweight, awkward or otherwise unsexy, are likely to resist the most strongly, and, by no coincidence, find the greatest relief and healing.

We are taught that our self-image is something we put on. I would propose it's something that's far better taken off. All the bullshit loaded on us by religion and advertising and ex-lovers about how ugly we are can drop off like silk. You will feel better for doing this. Your life will change.

You'll need two mirrors, a little one to get a close-up look at what your genitals and face look like in a state of ecstasy, and a larger one for the full body view. Sex books and *Our Bodies, Our Selves* have been recommending the make-up mirror routine to women forever, but largely as an anatomical exercise; finally, in *Sex for One*, masturbation pioneer Betty Dodson turned it into an artistic experience of seeing how beautiful your genitals are.

The large mirror is best floor-length, and better if it's wide enough to see your feet. You need to be close enough to make clear eye contact with yourself. I suggest something that touches the floor, and can be angled; then sit on the floor, where you have room to spread out. However, any mirror will do.

The idea is not just to see what you look like masturbating, but rather to see what you look like feeling what you're feeling, and to witness the beauty of this. Stay with you. Remain aware. At times masturbating in front of mirrors, I have barely recognized the sight of my own face, and seen many expressions for the first time. These are not the

IN THE MIRROR (CONT)

faces I put on for the world; I have had to get used to what I really looked like in a state of openness and release rather than in “personality mode.” I have seen in my own eyes the expression of loneliness and sexual deprivation, and watched it melt away as I drew closer to myself. In one experience, green spirals shot between my eyes and the reflection of my eyes as I went into my orgasm.

I suggest you watch yourself undress, exploring the visual impression of your body, and witness your physical responses as you get turned on; watch as you explore your pleasure, and dare to explore yourself a little deeper. As you witness this, tune into the feeling of compassion for yourself. There is a lot of passion in compassion, and this is where you will find it. Move into a safe space of total love and acceptance of yourself; it’s easy; brush away the veils; see yourself beautiful. You are.

Feel your erotic self. Then watch yourself fuck yourself, taste yourself, scream in pleasure or whatever it is that turns you on. Then, I suggest you watch as you completely surrender to the experience and your orgasm looking directly into your eyes. This is difficult at first for some people; if you find that it is, keep practicing and you’ll get it.

The idea is to literally come into yourself. Fill your entire consciousness with yourself; come, become, and be free.

These experiences will begin to make a lasting visual and emotional impression on your psyche, and you will start to see yourself differently and exist more comfortably and naturally. You will breathe more naturally within your own being. You will become more comfortable with change. Ecstasy means ex-stasis, or freedom from being stuck. We need this desperately. As you leave behind your guilt and shame about self loving you will begin to let go of all other kinds of psychological resistances to who you are. You will start to feel who you are, and who you are is strong and wonderful. Keep experimenting. You have a whole month and beyond.

EROTIC STATE MAINTENANCE

This is an Orgasmic Yoga exercise for individuals who know how to get to a high state of sexual pleasure using erotic video but would like to enjoy similar prolonged states while focusing on one's own body.

This meditation involves becoming highly aroused through using stimulating video--then turning away or turning off the video while placing your full attention on your wondrous embodied self. The maintenance of your high erotic state calls upon your ability to shift your attention from excitement sourced outside of your body to excitement that originates from within your body. This erotic state maintenance also involves your ability to shift being stimulated by the visual to being stimulated by touch, breath and movement. You also have to be motivated to actually turn away from a known source of arousal to what might be experienced as a less consuming erotic medium—your own flesh. It becomes possible for you to start with porn, turn away, and maintain an intense full body erotic awareness. This state becomes more enjoyment than excitement.

Finish this meditation lying on the floor with five minutes of stillness.

1 000 CROSSINGS INTO FREEDOM

The inability to focus your attention on your own aliveness is a lack of freedom. Some individuals are so unaware of their bodies they cannot even tune into their own heartbeat. This is an appalling lack of freedom. The inability to sexually excite one's self through movement and sensuous touch is a lack of freedom. The inability to move—even dance—while sexually aroused is a lack of freedom. The need for an individual to use imagery outside of self in order to get sexually aroused is a lack of freedom.

This is an Orgasmic Yoga meditation for people who masturbate using erotic video or streaming internet sites but would like to enjoy arousal while focusing on one's own body. The somatic education technique in this meditation is the conscious repeated shifting of one's attention between the erotic imagery and one's sensuous body.

Finish your many crossings by lying on the floor for five minutes of stillness.

There is no correct way to do this meditation as long as you are conscious during the "crossing" of your attention back and forth from porn to body and back again to porn. If you are committed to re-educating your sensory-motor systems, you can reclaim your body as a source of your sexual excitement in one thousand conscious crossings. As you go deeper into this meditation, the time you choose to spend with your own body will increase. And the depth of your savoring will increase. For those who love erotic video, this is powerful path to erotic embodiment.

EROTIC TRANCE DANCING

Orgasmic Yoga sessions are celebrations of being erotically embodied. These practices are foundational for your health and wellbeing.

Erotic Trance Dancing involves moving to music as you caress yourself into a highly aroused, erotically embodied state. Trance Dancers are incredibly embodied individuals. This is a most recommended practice. And you don't have to be a good dancer. In fact, this practice is greatly beneficial for those who feel awkward dancing. Dancing blindfolded helps the dancer to stay focused within.

Finish your Trance Dance by lying on the floor for five minutes of stillness.

Trance Dancing is the way many western teenagers masturbate. You just lock your bedroom door, strip, choose the playlist on your iPod, grab some oil, and boogie.

Take great care in choosing the music for your practice sessions. With the help of iTunes you can create a playlist in a couple of minutes. Some general playlist suggestions include using heart opening music, music that recalls a specific place and time in your life, personal myth songs, erotic music, and ethnic music. Music that inspires you to move, to breathe, and to feel will best support you on this part of the path on your journey to embodiment.

Helpful Video: Sexological Bodyworker Neal Wecker shares with us a session of Erotic Trance Dancing:
<http://www.orgasmicyoga.com/class/clip/1735>

Helpful Reading: Sexological Bodyworker Ed Ehrgott's guidance for men about Erotic Trance Dancing:
<http://www.eroticmassage.com/article/1516>

Quote:

The chaotic method is to destroy the old patterns, not to create a new one. It is not to create a pattern at all; just, the old pattern has to be destroyed. The method, all meditative methods, are just destroy your conditioning without conditioning you in any way; otherwise there will simply be a change of fetters, a change of prisons. The new prison may look a little better but it is still a prison. -- Osho

SELF EROTIC MASSAGE

Orgasmic Yoga invites us to place our attention within our bodies during sexual arousal. The source of our excitement is not erotic imagery but our touching and awareness of our own alive body. Each practice session offers us a different way of consciously sensing, savoring and listening to the erotic wisdom within our physical selves. Learn to benefit from these signals, voices, and wisdom.

Orgasmic Yoga meditations involve an enduring state of sexual arousal that is maintained with relatively little stimulation. This arousal is actually sourced from within our body. This erotic trance state is a manifestation of erotic embodiment. Many individuals know how to get to prolonged erotic states through making use of erotic imagery, fantasy, memory, or erotic writings. The mindful, highly aroused, and easily maintained erotic trance states discussed here are consciously created by touching ourselves, by moving, and by placing our attention on the pulsating interior life of our bodies.

Many practitioners of Orgasmic Yoga do some sort of physical exercise before beginning any erotic meditation that involves this prolonged arousal. There are two major pathways to this erotic trance state. One involves getting aroused using erotic imagery and then moving your placement of attention to your lived body in the present moment. See more about this in the Orgasmic Yoga practices involving pornography section.

The second major route is sometimes called “playing with your self.” Here your placement of attention is focused on your self-touch, on your breathing, on your movement, and on the feelings of aliveness and pleasure within your body in the present movement. The ability to arouse your self without depending on some outside source of excitement is central to your erotic freedom and sexual health. If you have lost your ability to get aroused from touching and being present with your physical self, this can be relearned through Orgasmic Yoga practice.

Imagine who you would be after receiving thirty hours of erotic massage from yourself. Although this Self

SELF EROTIC MASSAGE (CONT)

Erotic Massage meditation does not suggest any specific structure or strokes, we do recommend constant self-touch. While one hand stimulates the genitals, the other hand caresses, vibrates and kneads other parts of your body. Your placement of attention is both on your feelings of being touched and on the experience of giving touch. Repeating various self-touch strokes ten, twenty or more times allows for your awareness to focus on and savor what is being experienced within. This Orgasmic Yoga practice is especially recommended for individuals who are professional massage therapists. Too often people who make use of their hands for others' pleasure neglect their own bodies.

Somatic sexologist and psychotherapist, Barnaby Barratt, teaches that "self-pleasuring is the foundation of our potential to love and be loved." Barnaby further writes, "the capacity to engage in active self-stimulation of our own skin envelope is thus essential to the formation of a healthy and happy sense of self." We are warned that a lack of self-touching results in profound unhappiness and even addictive behavior.

Helpful Reading: Barnaby Barratt's full essay on Solo Practice is here:
<http://www.eroticismassage.com/article/780>

After each session of self-erotic massage, reflect on and write down what you liked best about the massage. Also write about any resistances or distractions that interfered with the flow of your self-erotic massage. Did anything surprise you? What did you learn that will guide your next session?

Helpful Reading: Here are two stories of self erotic massage that you may enjoy:
<http://www.eroticismassage.com/files/readings/TwoStories.pdf>

THE EROTIC MICROCOSMIC ORBIT

The MicroCosmic Orbit is a Taoist breathing meditation involving the flow of life force energy through the Conception and Governor Vessels of the body. These two channels connect into a continuous flow up the back of the body, over the top of the head and down the front of the body to the genitals. This continuous energy pathway around the center of the body is called The MicroCosmic Orbit. This pathway has other names, including The Great Central Channel.

In this Orgasmic Yoga version of the MicroCosmic Orbit meditation, clench your PC muscles on your inhale, pumping the erotic energy you are generating in your genitals up the back of the body (along your spine) to the top of the head. On the exhale, relax your PC muscles and place your attention on the flow of sexual energy down the front of the body, through your heart, and then through your aroused genitals down to your perineum. With every breath, become more aware of the erotic flow up your back and down your front, round and round. You may wish to open (during the exhale) and close (during the inhale) your hands into fists with every breath, and every kegel.

Loren Johnson, Orgasmic Yoga Institute instructor, teaches breathing to go with the MicroCosmic Orbit. He also teaches reverse MicroCosmic Orbit. His breathing movements can add much to your practice. Breathe with him here: https://www.youtube.com/watch%3Fv=IRuf5fJT-_c Notice that as a teacher, he records this video on a hike by himself. He is ready to teach when the somatic wisdom starts to flow.

As you pump the sexual energy up your back, you might feel an overload in the back of your brain. If this occurs, place your tongue on the roof of your mouth and relax totally as you exhale down the front of your body. The most interesting part of this meditation—not mentioned by Mantak Chia or others—is the sensation of intense erotic energy that swells in your heart.

THE EROTIC MICROCOSMIC ORBIT (CONT)

There may be times doing this practice when you experience the sexual energy rising up the front of the body from your “erotic generator” directly into your heart. Celebrate those moments when the erotic flow takes the short route to your heart.

This meditation can be done sitting in a chair or standing.

In this video, Joe Miron, standing, guides the energy with his Hitachi Magic Wand:

<http://www.eroticmassage.com/class/clip/373> Pay close attention to Joe’s breathing and the intensity of wanking. (2 minutes) The MicroCosmic Orbit can also be activated lying down:

<http://www.eroticmassage.com/class/clip/367> (3 minutes)

There are many YouTube videos teaching The Microcosmic Orbit. Participants in these videos, including Mantak Chia, are all clothed. Here is an excellent video of Loren Johnson teaching the Microcosmic Orbit. He is half clothed. https://www.youtube.com/watch?v=_LUPeghPGCA

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FUCKING THE FUTURE FOR PEOPLE WITH PENISES

The core purpose of using the Fleshlight is penis sensation through movement. Many are stunned at the enveloping intensity they feel when first using this flesh-like sleeve. Using the Fleshlight offers a major opportunity to explore something new in your body. Too often the Fleshlight experience quickly deteriorates into the ordinary, and the potential for learning is lost. The familiar and the habitual ways of wanking tend to prevail.

The Fleshlight is compelling. It is an invitation to remain in the present moment. Those who fantasize during masturbation report being pulled back from their normal fantasy realms into astonishing sensations within their own bodies. If you wish a Fleshlight, you can choose from an astonishing variety here: <http://www.fleshlight.com/fleshlight-toys/?link=916566>.

A month of Fleshlight Yoga practice sessions is the ideal time period for you to mindfully explore what is erotically possible. For these erotic yoga sessions you can purchase any form of the Fleshlight with any type of opening. Several Sexological Bodyworkers recommend the Ice Fleshlight, which is crystal clear so you can watch the penetration. Beware of cheap imitations which often feel terrible.

This is a hands-free, hip-thrusting, heart-opening meditation. If you want to change how you are in the world, change the way you fuck with Orgasmic Fleshlight Yoga.

Set up for your session by securing the Fleshlight at penis level so you can thrust into it with your hands free. We recommend using a sturdy table, the head rest on a massage table, or a chair. Arouse yourself to about an 80% erection before beginning Fleshlight Yoga. Use only water-based lubricants, as oil or silicone-based lubes damage the Fleshlight.

We recommend that you choreograph each of your Fleshlight Yoga sessions before you begin. The movement in your hips circulates sexual energy throughout the body, but especially into your heart. Thrusting should be coordinated with breath, exhaling as you thrust forward and inhaling as you pull back.

The foundational exercise for liberation of the hips is a pelvic rocking or thrusting. The movement is isolated in the hips. Play with speeds.

Imagine you are fearlessly propelling your whole self through the Fleshlight out into the world with each thrust. Then pull yourself back into your core with each withdrawal. Play with different thrusting speeds, but slow is usually better than fast.

FUCKING THE FUTURE FOR PEOPLE WITH PENISES (CONT)

How much attention can you place on the nerve endings in your penis? Changing the speed of your thrusts into and out of the Fleshlight helps focus your attention. One strategy is to get into a fast thrusting rhythm. Then make each thrust a fraction of a second slower. Pay attention as your thrusts get slower and slower. This exercise can last ten or twenty minutes. Remember to keep bringing your attention back to your penis when your mind wanders.

Make your Fleshlight thrusting a dance that involves your whole body. Let your voice become involved. Make use of your hands to massage yourself while you are thrusting.

After a period of thrusting, bring your penis to stillness within the Fleshlight. Play with the blood pressure in your penis by pumping your pelvic floor with Kegels.

Helpful Video: You are invited to be inspired and guided by Philip Deal, teaching the The Joy of Thrusting class .
<http://www.orgasmicyoga.com/class/1739> . Be sure to read the text.

Then watch Video Sex Journal: <http://www.orgasmicyoga.com/class/clip/1741>.

Then Fleshlight Yoga Practice session: <http://www.orgasmicyoga.com/class/clip/1743>

You will be astonished and inspired to thrust into your own practice. Philip Deal's life changed with the inclusion of the Fleshlight in mindful erotic practice sessions.

Helpful Video: Check out Joe Miron's hip workout even without a Fleshlight in the second half of this clip:
<http://www.eroticmassage.com/class/clip/363>

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FLESHLIGHT VIPASSANA

Vipassana is a form of Buddhist meditation for insight and for seeing things clearly. The meditation usually involves paying attention to sensation and feeling while breathing.

In this Orgasmic Yoga Vipassana, we recommend focusing on the sensations of your penis thrusting into the Fleshlight. When other thoughts arise, gently bring your awareness back to the sensations of your penis in the Fleshlight.

For this meditation the Fleshlight can be hand held or secured. Finish this Fleshlight meditation lying on the floor with five minutes of stillness.

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FLESHLIGHT FRIEND

In this variation of Fleshlight Vipassana, a friend or intimate joins you in your practice session. There are three ways your friend can participate: they can witness your thrusting, can hold the Fleshlight still as you thrust, or can take control of the movement of the Fleshlight on your penis. In this last option, you are not in control of the rhythm or of the sensations, so there will be surprises. We recommend making use of a blindfold while working with a friend.

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FLIRTING WITH SHADOWS

Created by Rebecca Chaplin, CSB, <http://www.interbeing.me/>

This Orgasmic Yoga practice is designed for individuals who are seeking integration of their erotic shadow. The erotic shadow often shows up in fantasies that include themes of power struggles, manipulation, violence/hostility, exploitation, coercion, and other violations. Shadowy fantasies are normal. We can achieve greater wholeness through the acceptance and integration of our shadow.

Set the mood with music and lighting that ignite your erotic being. Have a mirror nearby to witness your facial expressions and body movement. Start by touching your whole self with both hands. Massage your genitals while touching the rest of your body. Breathe full and deep breaths into your pelvic floor as you continue self-touch. Focusing on your senses through self-pleasuring touch and deep full breathing will bring you into a state of erotic embodiment.

As the erotic energy begins to light up your shadow story, look in the mirror as if you are seeing yourself through the eyes of the "other." Perhaps this individual is violent, manipulative and/or exploitative; maybe you are fantasizing about being the perpetrator. Either way, see yourself as the "other" would see you. Continue erotic touch and breath.

Move back to focusing on your senses. Releasing the fantasy, return to your erotic embodiment – focusing on the sensations of breath, movement and touch.

Now move back into the erotic fantasy. Once again connect with yourself in the mirror as you see the "other" seeing you. Next expand your perspective – open up to a primal/universal/archetypal dimension of this shadow theme. For example, if you fantasize about being raped, you might open up to the idea of the great spirit coming inside of you with forceful inspiration. Or if you fantasize about voyeurism, you may expand your view to include being fully seen like an animal in the wild. Allow your imagination to expand with your fantasy.

Feel the bigness of your shadow archetype as you continue to touch, breathe, feel and move. Allow the energies to heighten as you breathe the orgasm into your heart. Inhale, visualizing the erotic energy moving up from your genitals, exhale and relax your heart. Repeat several times. At this stage, finish your practice with a period of quite presence or allow yourself to naturally come into the orgasm of your choice – internal or external.

DRESSING FOR PRACTICE

Created by Cate Jones, CSB

Because Orgasmic Yoga is pleasurable, intimate and transformative, it is worth taking time to create an environment that supports our practice sessions. We might burn incense or candles, play music, surround ourselves with the objects that amplify our pleasure. Physically dressing to create a potent representation of our erotic selves can profoundly serve our embodiment. For some women, the idea of dressing-up for a partner can be a compromise between what we experience as arousing and what our partners see as sexy. Sometimes this feels like we are enacting another's fantasy rather than our own and can be numbing to true expression of our erotic experience.

Here, the suggestion is for us to focus on what we perceive as truly sexy. How would we like to dress for pleasuring ourselves? What feels good on bare skin? What pleases us when we look in the mirror at ourselves?

This exercise is something we do purely for ourselves and for our own pleasure. This dressing up doesn't consider partner engagement. Dressing for oneself can activate powerful feelings or might even tap into our core erotic theme.

SHAKE IT TIL YOU MAKE IT

Created by Jennifer Lee, CSB

This is a great technique to use at the beginning of your Orgasmic Yoga Practice (OYP) to wake up the body and set free your erotic charge.

There is an important and often-misunderstood distinction between sexual arousal and erotic energy. Sexual arousal can be viewed as a waking up of the genital area, that feeling of being turned-on whereas erotic energy is a much broader experience. It speaks of the life force energy that pulses through us at all times whether we are aware of it or not. It is the same charge that hums in nature, beneath the hustle of daily life.

Unfortunately due to shame, trauma, over-active mind, conditioning or the demands of our busy lives, many of us have become cut off from our awareness of this erotic charge in our bodies. We have become frozen or constricted, unconsciously denying our bodies the nourishment and vitality we crave.

Shaking the body is a powerful way of loosening constricted areas, particularly around the pelvis so that any trapped erotic/life force energy can begin to move. Shaking allows the body to do what it needs to do, bypassing our busy minds.

Start by standing, knees slightly bent, spine straight. Take 3 slow, deep breaths to begin. Notice where your erotic energy levels are at. Gently allow your knees to start bouncing up and down as if there were small springs embedded in the knee caps. The movement can be gentle at first, building up speed as you go on. Maintain awareness of the breath.

After a few minutes, lie down on your back, knees bent with feet flat of the floor. Take another 3 deep breaths and again scan your body to identify your levels of erotic energy.

SHAKE IT TIL YOU MAKE IT (CONT)

Created by Jennifer Lee, CSB

Gently begin to move the hips, alternating between side to side and up and down, intending to release any blocked energy stored there. Try to allow the shake to come from the body itself rather than forcing the movement. Allow the body to move/shake faster as it feels to. Continue for 5 or so minutes.

Again scan the body and notice any increase in your erotic charge. Give your erotic energy permission to flow freely. This would be a good time to set an intention for the rest of your OYP

As you become aware of your own erotic energy, intend to become one with the erotic energy of nature. Give yourself the gift of receiving this support from the universe in the awakening of your erotic charge.

NOTE: Although this is a great short opening practice for your OYP, it can also be used as a longer, stand-alone practice lasting up to one hour.

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EROTIC TRANCE SOUNDSCAPE

Created by Spiral Orbit, CSB

While the main focus of attention in Orgasmic Yoga is on sensations in the body, creating an external soundscape can help facilitate embodied mindfulness by bringing freshness, vitality and even unpredictability to the process.

As with any style of meditation, you can work simply with the surrounding ambient sounds wherever you're practicing. This might be aided by opening a window to allow in more sound. You can then experiment with observing what erotic sensations these sounds inspire in you, be they bird songs, the wind in the trees, the sound of passing cars, a lawnmower. Try not to judge these sounds as good or bad. Just notice how you respond erotically.

The main way you can create your erotic trance soundscape is with audio recordings. Music can enhance your Orgasmic Yoga exploration in infinite ways. The key is to remain open and experimental. Don't feel you need to look for something you don't already have - your own music collection is a potential treasure trove of erotic inspiration, especially if you know and love it well. Go through your music collection from A-Z and pick out tracks that might resonate with your Orgasmic Yoga. Don't think too much about it. Instead use your intuition. You can always skip or dump a track if it's not working. Include music that's nostalgic and heart-opening. Trust your own tastes. Your body knows what it likes when it comes to music.

A digital audio player like iTunes is the best way to organize your Erotic Trance soundtrack. You can create one long playlist or multiple playlists to suit different moods. Again, be experimental. Consider mixing up the style and tempo so the music can assist with up-regulation or down-regulation. You might craft a playlist accordingly and then experiment with playing it on shuffle so that the mood is unpredictable. This can be a great way of shaking up your Orgasmic Yoga practice and breaking habits. If you find yourself getting attached to having music during your practice or that it's distracting, try a few sessions in silence with only ambient sound.

With audio recordings, you can of course go beyond what might be conventionally described as music. Anything can be part of your soundscape. Be creative. You could even record a track of your own breath or sound and play it back during your practice. What better way to remind yourself to breathe and make sound. And allow your Erotic Trance Soundscape to inspire you to add to your audio collection. Share tracks with other Orgasmic Yogis. Seek new music on the Internet. Do whatever you can to keep exploring erotically with sound.

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TOUCHING YOUR CHAKRAS WITH LOVE

Created by Vanessa De Smet, CSB

This practice invites you to take a moment of awareness with yourself. It requires you to slow down, breathe, touch and be present with the self on different levels. These levels are represented by the system of the chakras as used in tantric and yoga practices. Each of the seven chakras is in accordance with an energy point in the subtle body and can relate to body parts in the physical world. So, through this practice you allow yourself to touch your entire body, both mentally, energetically and physically. What a treat!

If you are not familiar with the chakras, then find a diagram online to guide your self touch. As your practice evolves, you will get to know the places by how they feel.

Before You Begin

I suggest that you create a written focus list of choice (see below) and repeat the same practice for one full week, this allows for your sessions to really set in.

You can do this without genital touch, with external or internal genital touch or even go for anal play. It all depends on how your body feels in that specific moment. Allow your sexuality to be different and flow ... who wants to eat the same pasta each day anyways? ;)

Make sure you are in a comfortable position, ideally standing or laying on your back.

If your arousal goes up during the practice, then enjoy and let your moving hand spread the sexual energy around your body as you walk by each chakra. Allow your arousal to be up to a level where you can still stay present and focused.

TOUCHING YOUR CHAKRAS WITH LOVE (CONT)

Ten Steps Practice

- 1: Sit down and write your focus point list.
- 2: Find or create a comfortable place for your practice.
- 3: Remind yourself of your intention for this practice and set a time limit.
- 4: Check in with your body and natural breath – how does it feel today?
- 5: Open your session with three slow deep breaths, holding one hand on your heart and the other on your genitals.
- 6: Keep one hand on your genitals and with the other you start to follow the chakras line or related body areas from the root to the crown. Take your time. As you pass each chakra, take a moment to be present, to honor the energy point and what it stands for and to speak out loud or in silence your birthrights or intentions. Take your time. Do not rush. This is your moment with yourself.

Sometimes it is good to remind our selves of our human birthrights, no matter our background, religion or social environment. As you follow the chakra line, remind yourself with each energy point of one of your many basic rights. Below you will find some examples, but you are free to fill in after the dots what you like to focus on.

Examples:

- crown:** It is my birthright to feel connected to the world.
- third eye:** It is my birthright to feel connected to myself.
- throat:** It is my birthright to speak out what I feel.
- heart:** It is my birthright to love and be loved freely.
- solar plexus:** It is my birthright to shine and take up my space in this world.
- sacral:** It is my birthright to enjoy and express my sexuality.
- root:** It is my birthright to feel secure and strong.

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TOUCHING YOUR CHAKRAS WITH LOVE (CONT)

Take this meditation one step further (maybe in your second week?) to use your birthright list as a basis to develop your action list. After you become aware of your birthrights, you can create intentions for actions. This helps to become aware of what you wish to bring more into your life. The more detailed you are able to write out your intentions, the higher the chances that you will actually put them into action. The great thing is that by doing the touch and the intentions, you are enjoying a double practice!

Examples with more detail:

crown: This week I want to feel connected to the world. This week I want to walk in nature 30 min to feel the surrounding beauty and energy.

third eye: This week I want to feel connected to myself. This week I want to take a long relaxing bath with oil.

throat: This week I want to speak out what I feel. This week I want to call out when I see injustice.

heart: This week I want to love and be loved freely. This week I want to consciously hug my loved ones more intensely.

solar plexus: This week I want to take up my space in this world. This week I want to walk the street with head up, shoulders back, proud to be me.

sacral: This week I want to enjoy and express my sexuality. This week I want to masturbate laying in the sunshine.

root: This week I want to feel secure and strong. This week I want to do a physical workout to feel my body and muscles.

7: When you have touched all seven points on the chakra line, then take a few minutes to savor.

8: Close your session with three deep breaths, holding one hand on your heart and the other on your genitals.

9: Check in with your body and breath. How are you feeling after the session?

10: Reflect on your session by writing a couple sentences on paper. This will help you track your process over time.

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THE BAROMETER WITH A BOW TO JACK MORIN

Created by Drew Lawson, CSB | <http://www.drewlawson.co>

The Intent

In our Orgasmic Yoga / Self-Pleasuring practice it is often easy to slip back into old ways of being with our erotic energy, and while we are consciously learning new habits the old patterns, entrenched in our nervous systems, are lying just below the surface waiting to kick in on a hair-trigger. This is where this OYM can be a wonderful window into our bodies current state of relaxation. The Barometer is designed to give us 'in the moment' feedback as to the level of relaxation and contraction in our pelvic floor and the knock on effect this has in our nervous system so we can remain present, conscious and relaxed. This is also a wonderful tool for catching ourselves at the very beginning of contraction which enables us to consistently fine tune our relaxation, opening and erotic flow.

The Practice:

The Barometer is a very simple technique. During your self pleasuring simply insert (with lube as appropriate) a digit of your less active hand into your anus. As a predominantly right handed person with a penis I mostly use the top half of the index finger on my left hand.

Once inserted allow your gentle mindfulness to rest on the pressure exerted by your two sphincters on the inserted finger. After some practice it is possible to clearly discern between the internal and external sphincters. Bring your awareness to the pressure, and gently squeeze and relax your sphincters around your finger for a few breaths, bringing awareness to the range of pressures you are experiencing.

Gradually, using your other hand and whatever other parts of your body, other peoples bodies and toys you wish, start to pleasure yourself, maintaining a gentle awareness on the pressure your sphincters are exerting on your finger. You may be able to notice lots of tiny micro contractions and relaxations in your sphincters, and also larger, more sustained ones. When the contractions are stronger allow your self pleasuring to soften and slow down, and use your breathing, sound and movement to relax your body, and then feel your sphincters relax also. Once back in a relaxed state start your self pleasuring again.

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THE BAROMETER WITH A BOW TO JACK MORIN (CONT)

This gentle mindfulness process can be a wonderful indicator as to how and when your body contracts, and each time you feel the squeeze you have an opportunity to again breath, open, relax and then continue. Gradually, with consistent use and practice, you will find that you have much greater sensitivity to when your body is contracting and opening, and it seems to also be a great way to imprint openness into pleasure practices that used to create closure in the body.

Personal Experience:

'The Barometer' tool has been perhaps the single most important practice in my self pleasuring over the course of my SexBod training. I became aware very quickly how tightly my body contracts when I use my old masturbation patterns. Even just touching my cock often caused a big contraction spasm in my pelvic floor and I would instantly feel a tightening around my finger. Taking things very gently, with lots of B/S/M and gentle mindfulness I have been able to practice relaxing into and through all sorts of erotic self touch that previously would have had me tightening up like a rock, often without my awareness. This has been a vital tool in expanding my ejaculatory choice, energy flow and also my ability to stay present with my practice. It can be done as a stand alone OYM or in combination with other appropriate OYMs.

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THE CHAKRA DIDJERIDOO

Created by Drew Lawson, CSB | <http://www.drewlawson.co>

The Intent

With OYM, as with many tantric practices we are encouraged to use our breath, sound and movement to move the sensation in our bodies and help diffuse erotic charge and patterns that can build up during self pleasuring. For me this charge built up in my hips and pelvic area, especially as I felt I was approaching my 'point of no return', or moment of ejaculation.

I developed this OYM by trial and error over the course of several sessions with the intention of helping to dissolve this pressure build up and move energy into and up through my body. I realised that I'd learnt a lot about using my breath and a lot about movement, but that I hadn't really experimented with sound all that much. This OYM became an extremely powerful tool in my OYM box.

The Practice

I'd like to start by saying I'm the guy who had 'the worst voice in school', was 'tone deaf' and was told to fake singing in choir lessons, therefore no musical ability is required, and in fact if you felt like me there might be an extra therapeutic 'shame busing' effect with this OYM, I've certainly felt so.

The practice is this: during your self-pleasuring and as you feel your erotic energy increasing in your base and sexual centres, start making a vibrating low tone in your throat, the closest I can describe this is as a didjeridoo sound, right in the back of your open throat. Take the vibration of the sound right down in your body, find the lowest note you can, and feel it vibrating as close to your base and perineum as you can get. As you feel this sound vibration dropping into your body you'll start to feel your sexual energy rising up to meet it. Perhaps you'll introduce some rotations into your hips, and / or a wave movement in your belly and spine, I find myself doing this naturally with the sound as a way of echoing the vibration around my body. After a few breaths you should experience the building erotic tension travelling through your body and the sense of an impending ejaculation or orgasm dissolve. Continue with your self pleasuring though out this sounding exercise.

THE CHAKRA DIDJERIDOO (CONT)

After a while of sounding in the lowest / deepest note you can find, allow your tone to rise and settle into the next note that feels right for you and your body. Play around with this note as you continue to self pleasure, and see if you can keep the movement of erotic energy rising in your body. Gradually move up through your body finding notes that feel right and which create pleasant vibrations. Feel the energy moving higher and higher in your body spreading your arousal and erotic charge. After 15 minutes or so, or when you've reached a tone that is vibrating in your head, play with the scale you have found, and when you have finished playing let the sound fade out and use deep slow breaths to bring stillness back into my body.

Personal Experience:

This has not only been one of the most powerful OYM practices for moving and amplifying the erotic energy in my body while at the same time taking me away from my point of no return, it has also become a key tool in my ability to have longer and more intense sexual intercourse with my partners. This has become an essential part of lovemaking for me, and once my voice has started and the sound vibrations are moving in my body it opens the gates to many more sound being given permission and can lead into other groans, roars and guttural noises. I have felt a real dissolution of shame using these sounding tools in my partner practice, and a vibrational awakening in my body during my OYM practice. I hope this 'Chakra Didjeridoo' brings a new and rich aspect to your own OYM practice and lovemaking.

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