

Tantric Male Multiple G- Spot Orgasm:

Awakening His Sacred Gate To Supreme Bliss

by Somraj Pokras
&
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Dedication

We dedicate this book to our beloved Tantric family members, A&S and S&B, a continual source of Supreme Bliss through spiritual inspiration, sexual ecstasy, and expanded consciousness.

Important Note

We need to make a few boundaries perfectly clear before we dive into your Sacred Gate. Bear with us before the real fun starts.

The material in this book is for educational purposes and is intended to provide helpful guidance to lovers about human sexuality. Because we've made every attempt to provide accurate, dependable, up-to-date information, we believe what's presented here will be helpful and poses no risk to any healthy person.

This book is sold with the understanding that neither the authors nor the publisher are engaged in rendering medical, psychological, or any other professional service. If you have questions concerning the application of the material and advice described in this book and its affect on your health and well-being, it is your responsibility to consult a qualified professional first.

Any use of the techniques used in this book are at your own risk.

This book is not intended to serve as medical treatment, psychological counseling, psychotherapy, or any other services best performed by a health professional. No part of this book should be used as a means of self-treatment or as a viable substitute to or for medical evaluation by a physician. If you suspect you have a condition requiring such treatment, we encourage you to seek professional help before engaging in the practices included.

Absolutely no part of the program should cause pain or unusual symptoms. Should such arise during or after doing the practices within, the affected party is advised to seek medical evaluation to identify possible causes.

If you have knowledge or suspicion that you have contracted a sexually transmitted disease, we urge you to consult with a qualified health professional before engaging in any partner practices in this book.

The authors and publishers cannot be held responsible for any error, omission, professional disagreement, or outdated material in this book. The authors and publishers are not liable for any upsetting reaction, damage, injury, infection, fatal disease, or other adverse outcome as a result of applying the information or engaging in any activities suggested in this book.

Well, there it is. All the stuff we have to swear off of due to the high levels of conflict in our modern world. In many ways, that's the opposite of the Tantric world you're about to enter. Now that you've suffered through this legal stuff, you've earned the right to lots and lots of juicy fun.

Chapter 1: Introduction

“The girl descends to his anus and, with the aid of an accessory, imposes her virile behavior on him...so that he gets the taste for one pleasure after another.”

— Vatsyayana from the Kama Sutra

1.1 Opening

Welcome you intrepid explorers to a powerful Star Trek experience. Your mission, if you choose to accept it, is to boldly go inside where few real men and their lovers have gone before. We’re talking about discovering the male Sacred Gate, our name for the G-Spot.

Thank you for investing in your or your male partner’s sexual ecstasy by buying and reading Tantric Male Multiple G-Spot Orgasm. We’re convinced it will be well worth it.

Purposes

Each of our eight chapters are divided into sections and subsections. So you don’t get lost, we start each chapter with several purposes. The purposes of this chapter are to...

- Help you understand what’s in this ebook.
- Orient you to what is where and how to proceed.
- Introduce you to the role Tantric Sex plays here.

Good News, Men Have One Too

You did know that men have a G-Spot, too?

The male G-Spot is the prostate. That’s the firm, muscular, chestnut-sized gland wrapped around the neck of a guy’s bladder that produces a thick fluid that’s an essential part of semen. Sensitive men easily get an erection from massaging it, which is what you’re going to learn here. And lots more!

The prostate can be a source of great pleasure, unusual and intense sensations, and long-lasting, powerful orgasms all by itself, sometimes without a hard-on or ejaculation. Or it can generate acute pain if it’s not approached carefully, as anyone who’s had a brusque rectal exam can attest.

Guys, if you’ve ever enjoyed the intense pleasure of a wet explosion down there, you’re already intimately familiar with how good this little inner nut can make you feel. Yes, it’s the prostate’s involuntary rhythmic contractions that begin your ejaculatory orgasms. Which is why stimulating it produces great pleasure. And why learning to enjoy male G-Spot massage is one of the most powerful pathways for a man to experience multiple orgasms.

In this ebook, we’ll show you how to really add to your sexual enjoyment by pressing the right spot on your pelvic floor.

If you're adventuresome, as we're sure all our readers are, you'll soon learn how to awaken your man's Sacred Gate of ecstasy through G-Spot massage from inside the rectum. We'll show you the clean safe way to do it. If the prospect makes you pucker tightly, before we're done we'll introduce you to the easy and gradual process of Pelvic Healing, slow deep therapeutic massage of the tissues around your pelvis.

After some loving touch, you may well be craving penetration.

This Will Be A Very Unique Journey

Tantra is an ancient Eastern spiritual practice based on the metaphysics of sexual energy. Its roots are really about growth, self-realization, and consciousness. By merging sex and spirit, Tantra uses the powerful life forces of sex as a fuel for personal transformation. Maybe it's been around for thousands of years because of the amazing ecstasy you can generate with Tantric Sex.

Shortly you'll learn lots more about Tantra and Tantric Sex. But we wanted to alert you to the unique blend of sexual and spiritual matters in this ebook right at the outset of this journey. Then you'll be able to appreciate why we use different language and a vastly different approach to pleasure.

In Tantra, we give pleasure top-billing. Anything that makes you feel good is sacred in our book. Which brings us back to the purpose of this ebook, our fascination with the male Sacred Gate.

Because the male G-Spot lies at the root of vajra (Tantric for penis) inside a man's body, you can feel it from inside rosetta (Tantric for anus) on the belly side. If you clear the tension most of us feel down there first, pleasuring the prostate with a finger, sex toy, or vajra can be incredibly orgasmic.

It's Unfair To Deny All That Fun To Straight Guys

No, straight guys, we're not trying to convince you to turn gay or lose interest in your expandable pleasure stick. But did you ever wonder why homosexual men enjoy sex so much? Many had the courage to discover the immense pleasure awaiting them at their Sacred Gate. Those of you who've already majored in sexual exploration know what we're talking about.

Because pleasure is a paramount principle of Tantra, we believe it's unfair to deprive staunch heterosexuals from enjoying this powerful inner orgasmic trigger.

We know going in the back door freaks out some people (while it super excites lots of others), partly because of the hygiene factor. Until you learn in the coming pages how to make it clean and safe, it may strike you as dirty. Believe us, the immense pleasure awaiting you makes it worth a little training and a few precautions.

The ultra-insensitive approach of too many physicians during prostate exams has created far too much resistance to anal play. On the other hand, many men love it. (Not the exams, the rear loveplay.) There are a great many nerve endings around rosetta (anus) which produce incredible pleasure when specific kinds of stimulation are welcomed and accepted.

That's what we're aiming for directly here - incredible pleasure. You want some?

1.2 Enter The Male G-Spot Section

You've Got A Powerful Internal Trigger

So what's what all the hullabaloo about the Sacred Gate?

The male G-Spot is worth a book all itself because it's where orgasm happens. The prostate causes that thrilling, throbbing, intense sensation at the base of vajra during ejaculation. It's the exact center of a guy's sexual pleasure because of its nerves located deep within his body.

Unless you learn what's in this ebook, they're not normally accessible during sexual play.

The prostate is a magic pleasure button that can trigger deep implosive orgasms similar to a woman's Sacred Gate or G-Spot. When he gets excited, a man's G-Spot swells up with its own juices. That's why it feels so great when you consciously pump it out during orgasm, by using strengthened sexual muscles, or with a finger. You're relieving the pressure.

Some of these methods allow for multiple repeat experiences like our title, Tantric Male Multiple G-Spot Orgasm, promises.

Guys, are you aware that the sensation of Sacred Gate massage is different from what you feel from vajra stimulation? Which is partly why the prostate can generate strong continuous multiple orgasms that flow like long giant waves rather than a few quick spurts.

By the way, when you do learn to relieve pressure on the prostate before ejaculating, you can extend your loveplay incredibly, and have multiple dry orgasms. But that's another story that Somraj covers in depth in his best-selling ebook, Ultimate Ejaculation Mastery. But don't worry about missing anything. We've included the most pertinent references here.

Proof To End The War Between The Sexes

This ebook grew out of Tantric G-Spot Orgasm & Female Ejaculation: Awakening Her Sacred Gate to Supreme Bliss which, of course, is our ebook about women's orgasms. It's only fair to give equal attention to both sexes. So we want our faithful male readers to realize that much of that work applies to you guys, too, with just a few small adjustments. Though we recommend reading both for a comprehensive view of sexuality, we'll freely quote the women's ebook here and point out relevant differences.

You see, the male prostate, or G-Spot, is equivalent to the female Sacred Gate.

Enlightened sexologists recognize that both men and women can have great pleasure and orgasms from inner as well as outer stimulation. They compare male and female sex organs. For example, they see the clitoris as a small female vajra and the Sacred Gate as the female prostate.

Since men's and women's jewels (Tantric for genitals) evolve from the same embryonic human tissue, the comparison makes sense. Here is firm evidence that the two genders are equal, at least sexually. Before you're done, you'll be able to prove that both men and women can become multi-orgasmic inside and out.

Maybe it will help end the perennial war between the sexes. Make love, not war, right?

A Tantric friend recently wrote... "My husband goes into as long and expanded states as I do. We are equal opportunity in this department!" Somraj can certainly attest to that.

Women swoon when they first experience Sacred Gate play and female ejaculation. Blended orgasm, combining clitoral and Sacred Gate excitement, is even more fantastic. If you've read [Tantric G-Spot Orgasm & Female Ejaculation](#) about supercharging women's pleasure, you understand why.

With male G-Spot stimulation, men can soar right along with them. Now there's no reason why non-stop mind-altering ecstasy needs to be limited to the fairer sex. When you couple male Sacred Gate play with vajra stimulation, the sky is literally the limit.

Sexual Exploration Journal

When Somraj was a chemist, he learned to document everything about scientific experiments in laboratory notebooks. You might want to use a similar approach while reading [Tantric Male Multiple G-Spot Orgasm](#).

To raise self-awareness, many readers and their lovers find great benefit in recording their thoughts, reactions, and discoveries in a personal journal dedicated to sexual exploration. If you've printed these ebook out, we suggest you get one right away. If you're reading on screen, start a new document called "journal."

Then, as you read this ebook, you can jot down what you agree with, what makes a strong impact on you, and what doesn't jive with your experience. It will make it easier for you to give us feedback and answer your questions about what you're reading.

When you do the practices sandwiched throughout this ebook, you're bound to learn lots about your body, your sex, and yourself. Capturing your adventures in writing will provide valuable insight as you progress and help you remember important discoveries. Journalling becomes an invaluable tool when you choose to communicate what you've learned about giving and receiving Sacred Gate pleasure with a lover.

During all the practices in this training program, we don't expect or encourage complete instant transformation. So writing down what happened can help you pick up where you left off next time. Further, male G-Spot massage often pushes emotional buttons and raises issues buried deep inside. You'll want to take some breaks to process what comes up, clear the decks, and integrate what dawns on you.

Journalling can help with all that.

To energize your journalling, you'll find discussion questions similar to the following spread throughout your ebook. You can write down your answers or close your eyes and

look inside at your own situation. If you're anything like the average couple, talking about sex isn't the easiest thing to do. Those who go through this program with a partner find that these questions are great stimulants for honest intimate communication.

EXERCISE: Male G-Spot Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- I would describe the quality of my sex life as...
- I've had the following experiences with my own or my male partner's G-Spot...
- I've experienced the following ecstatic states from sex...
- Here's how I'd like to expand my own level of ecstasy...

1.3 Why Tantra Section

What Is Tantric Sex?

Since Tantric Male Multiple G-Spot Orgasm is more than a sexual how-to guide, we think it's important for you to understand the huge contribution Tantra can make to male Sacred Gate massage. As we've explained briefly, the ancient practice of Tantra uses the life force released in orgasm to transform consciousness and fuel self-realization. Which is why some simply call it sacred sexuality.

Though it developed thousands of years ago as a path towards personal enlightenment, the practices today called Tantric Sex are absolutely amazing. Tantric Sex is making love reverently, sacredly, and consciously to maximize and circulate orgasmic energy. It's much more than technique. It's an amalgamation of attitude and emotion, awareness and approach.

For sure, this manual shows you how to receive more pleasure in more ways. As well, this ebook teaches lots of specific sexual how-tos that will give enormous confidence to givers, our name for the one giving sexual pleasure to another. Just remember, givers, when you combine them with the Tantric attitude, voila, you'll become every man's dream lover.

Tantric Male Multiple G-Spot Orgasm is for both givers and receivers of Sacred Gate massage. It includes expansive and exciting solo and partner practices to enable you to understand, first-hand (pun intended), the nature of Tantra and the experience of Tantric Sex. Before you're done, you'll know exactly how to find, excite, and create maximum pleasure from the G-Spot.

Our Starting Place & Yours

What is more important to students of Tantra, you'll know how to interweave mind, body, and spirit to create powerful, ecstatic, long lasting, repeat sexual experiences, with or without jewel union (Tantric for sexual intercourse). You'll learn to muster your inner fire, couple sexual energy with physical touch, and exchange orgasmic magnetism with your beloved.

By the way, everything here applies to men giving to men as well as women giving to men. We've done our best to use language that honors whatever your sexual preference is.

Here are just a few of the key questions that we'll answer for you in the coming pages. Record your answers in your journal right now so you'll have a documented starting place...

- Can you find your own and your lover's Sacred Gate (G-Spot)?
- Do you know how to give a G-Spot orgasm?
- Can you release your inhibitions and open to anal play?
- Can you orgasm without ejaculating from G-Spot play?

We know you're reading this because you want to know more of the answers to ques-

tions like this.

When we started on the path of Supreme Bliss Tantra during the mid-90s, neither of us were multi-orgasmic. Jeffre didn't have much awareness of her G-Spot and how to ejaculate. Like most men, Somraj couldn't separate orgasm from ejaculation and had never experienced Sacred Gate massage.

Realizing how much we were missing gave us strong motivation to learn about pleasure, ecstasy, and orgasm through Tantric practice. We've changed so much and had so much fun that we just had to share our journey with courageous intelligent folks like you.

1.4 Contents Section

What's In Your Ebook

The purpose of Tantric Male Multiple G-Spot Orgasm is to teach you how to give and receive the ecstatic pleasure of male Sacred Gate massage. It's chock full of frank, accurate, up-to-date **information** about male sexual landscape, including a detailed description of male sexual anatomy. What's more important, we've richly punctuated it with hands-on **exercises** and **practices** you can use to quickly teach yourself these powerful sexual skills. Along the way you'll undoubtedly discover how Tantric **healing** helps you drop negative sexual attitudes, release unwanted inhibitions, and awaken dormant responses.

Isn't it great news that practices which teach you to fill your body with pleasure can make you feel fantastic along the way?

Sexual learning isn't so different from strengthening your body by work-outs at the gym. Well, OK one works your muscles hard while the other pumps you full of good feelings. But they both follow the old maxim ... use it or lose it.

With body building, the more you exercise, the easier it gets and the better it feels. With sexual exercise, the same is true. The more you do it, the more you learn, the better it feels, and the easier you can reach incredible peaks of pleasure. Through practice, you heal the weak parts to make your sexual system healthy and whole. Then it can function the way God/Goddess intended.

We've created an ebook that we're confident you'll find both comprehensive and user friendly. It's a practical program that reveals all you need to know. Tantric Male Multiple G-Spot Orgasm shows you step-by-step how to put Tantric Sex into practice immediately in your sex life.

In the coming chapters, you will find powerful techniques to master you own sexual forces. You'll learn how to use these techniques to give your beloved exquisite pleasure only imagined in you most erotic dreams.

We hope you get the idea that we very much want you to become the lover you want to be.

Tantric Terms

You must have already noticed that we like to use Tantric names instead of the “normal” words for sexual parts and actions.

Somehow, medical terms or slang expressions don’t create the Tantric mood and approach that makes sex sacred. We’ll be interchanging Tantric terms to encourage you to get out of your old preconceptions and more into the merger of sex with spirit. That’s why we really encourage you to read [Chapter 2](#) next, Tantric Sexuality.

Just in case you do skip around, we’ll redefine our special words occasionally. If you get confused, there’s a complete [glossary](#) at the end. Here’s a short listing of the main ones to help you get familiar...

<i>Rosetta</i>	=	Anus
<i>Vajra</i>	=	Penis
<i>Yoni</i>	=	Vagina/Vulva
<i>Jewels</i>	=	Genitals
<i>Kundalini</i>	=	Sexual or orgasmic energy
<i>Jewel Union</i>	=	Sexual intercourse
<i>Devamani</i>	=	Testicles

Before we forget, Tantra views everyone as a reflection of divine powers. Often you’ll find us referring to the fair sex as the Goddess.

How To Read This Ebook

Like most books, we arranged this volume in order. Later stuff builds on earlier stuff. Orgasms and ecstatic states depend on understanding the different kinds of massage strokes. Stroking depends on understanding anatomy. Making the most of any turn-on depends on learning the Tantric art of channeling Kundalini or sexual energy. The further you get in this ebook, the more we’ll be referring to earlier concepts and skills.

Yet, Tantra honors spontaneity. If you’re anything like us, you’ll be sorely tempted to skip ahead to the good stuff right away. Since we honor that, we’ve tried to accommodate you as best we can.

Remember that the practices spread throughout each chapter contain the core of what you’ll learn. More than concepts, the later skills you want to develop definitely depend on previous ones. So if you do jump around, we can’t promise it will work for action learning.

As a fallback, here’s a little overview of each chapter. If you get lost somewhere along the way, come back here and use this orientation to decide what you missed.

Chapter Overview

Here is a little bit about each chapter of [Tantric Male Multiple G-Spot Orgasm](#). Since you’re nearly done with the Introduction Chapter, we don’t have to explain what’s in it,

do we?

Chapter 2: **Tantric Sexuality**

This is an ebook about the male G-Spot, for sure, but it's also about creating incredible states of ecstasy as well. That requires the ancient secrets of Tantra and Tantric Sex. In this chapter you'll learn a little of its history, a few of its key rituals, and about sexual energy, or Kundalini, the most powerful life force available to you. It's also the key to male multiple orgasms. Then you'll get to employ this approach with sensual massage like you've never experienced before.

Chapter 3: **The Ins & Outs Of G-Spot Play**

Reaching inside to pleasure a man's G-Spot raises some taboos and stimulates some inhibitions. Before we get into rosetta, this chapter explores some limiting beliefs and how you can awaken from them. By looking squarely at the myths about and objections to anal play, you can make an informed decision about whether the benefits are worth it to you.

Chapter 4: **Sacred Gate Discovery**

Here's where we dive into your jewel anatomy and examine all the parts down there. You'll learn about your hardware, plumbing, and control systems. Even better, your homework will be to investigate and find out what feels good and what doesn't. You get to play doctor, you lucky stiff!

Chapter 5: **Sacred Gate Massage**

To reach inside and make it a delightful experience requires that both giver and receiver take some vital guidelines to heart. We present them all here. Then you'll be fully prepared for learning and practicing with the four basic Sacred Gate Massage strokes and their umpteen variations. Of course, if you'd rather do it by trial and error, you can skip the step-by-step instructions.

Chapter 6: **Pelvic Healing**

We're all lugging around far too much sexual baggage. Not only does it make you heavier, it blocks the flow of that delicious Kundalini energy. At least until you learn how to do Pelvic Healing. This chapter shows you exactly how to release the tension stored inside. You have to supply the time and tools.

Chapter 7: **Ecstatic Pleasure**

If this weren't a Tantric ebook, we'd call this chapter Multiple Orgasms, which we go into in depth here. But it's about more than single, multiple, and extended Tantric Orgasms. It's about incredible states of ecstasy. In this chapter you'll learn the inner skills you need to go higher and higher and take your partner there alongside you. With the practices here, you'll have a chance to create Supreme Bliss from inside and out at the same time.

Chapter 8: Closing

Tantra is a journey not a destination. Our Closing Chapter can't predict where you'll end up, but at least we can tell you some juicy stories about our personal experience with these sacred sexual techniques. To guide you along, we also suggest how you can continue to benefit from the practices in this ebook and where you can go for more. To a Tantrika, a Tantric adept, there's always more. So we offer sex toys, ebooks, reference guides, music, and some services that can assist you. Oh, before we forget, since we love those strange Tantric terms, we've included a thorough [Tantra Sacred Sex Glossary](#) at the very end.

EXERCISE: Contents Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- What sexual place are you starting this journey from?
- What parts of this ebook are you most attracted to?
- From what little you know so far, how do you feel Tantra can help you?
- How do you plan to go through this ebook: read it through completely, do the practices as they occur, pick and choose what to study (our least favorite option), etc.?

Chapter 2: Tantric Sexuality

“Tantra is a cult of ecstasy, a personal religion based on the mystical experience of joy rather than established dogma. It is worship; it is energizing and life-giving. Tantric art, writings, and religious rituals glorify sex. Tantrics are anti-ascetic; they affirm life. They teach the discovery of the divine through the exaltation of the total human. They use all of the senses, the mind and the spirit to reach mystic peaks.”

— Kamala Devi in The Eastern Way of Love

2.1 Opening

Purposes

The purposes of this chapter are to...

- Learn how Tantric Sex and Tantric Orgasm are different from what you're probably used to.
- Give you some basic tools of sacred sexuality so you can use Kundalini energy to expand your sexual experience.
- Practice sensual massage using Tantric touch to prepare for Sacred Gate play.

What's Tantra Got To Do With It?

We figure most of you bought this ebook to learn about unleashing the amazing power of the Sacred Gate to create more powerful ecstasy. Recognize that we can't guarantee cosmic mind-blowing orgasms or life-altering personal transformation from sexual techniques alone.

You need the power of the ancient secrets of Tantra for that. What truly makes this ebook unique is the integration of Tantric practices with the latest information on G-Spot massage and multiple male orgasm.

- Do you want to be engulfed hour after hour by ecstatic orgasmic vibrations?
- Do you want to completely submerge in love-bliss with your beloved?
- Do you want to float on a cloud of prolonged peak pleasure?
- Do you want to transform your mood, emotions, and stress level into vibrant serenity and enduring delight?

If you answered “yes,” then you have some magical transformation to look forward to with Supreme Bliss Tantra.

Tantra, and other spiritual practices of sacred sexuality, focus on the pleasure we create by generating, channeling, and utilizing sexual energy. It's a unique attitude towards sex, love, and all of life itself.

The purpose of this chapter is to explain what Tantra is and why you should care

about learning Tantric Sex. We'll focus on how to use Tantra sexual energy practices to supercharge your love life so much more than by just diddling the right parts with the right strokes.

As much as you want to skip ahead to the hands-on sex techniques, we urge you to read this chapter about opening your sexuality to whole a new dimension. Your spirit is where the true power of sexual satisfaction lies. You and your sex life will truly never be the same.

2.2 Tantra Section

“Tantra does not require ‘believing in’ something, or even ‘agreeing with’ anything. There is nothing to accept on blind faith. The validity of Tantric teachings and practices lies in our own experience, our own inner process. We don’t have to take anyone’s word for anything. No one is asking us to believe anything. There is no dogma. We practice Tantra and relate these practices to our day-to-day life. We become more fulfilled and powerful.”

— Gurumayi Chidvilasananda

Ancient Tradition Without Fear

Tantra emerged thousands of years ago in India as a grass-roots rebellion against the repressive hierarchical religions of the day. Back then, to even reach for enlightenment required lifetimes of denying desire and doing penance for past-life karma. Tantra opened the doors of spiritual evolution to everyone, regardless of social status.

If you're worried about what you're getting yourself into, don't. Tantra isn't a religion based on faith, dogma, or right living. You don't have to join a movement, carry a card, cut your hair, or wear robes.

Since it's not really a philosophy, it has no rules, qualifications, or requirements. There's no code of behavior, no punishment if you sin, and no pot of gold waiting for you at the end of the rainbow in the afterlife.

If you're seeking inner peace, higher consciousness, stronger solo orgasms, a more fulfilling sex life with a new partner, or rekindling the earlier fire with a longtime mate, the erotic sacred wisdom of India and other Eastern cultures can help.

Supreme Bliss Tantra

The word *Tantra* comes from the roots “to expand, extend, and weave.” It's all about expanding your sex energy, using it to improve the quality of your life, and weaving these powers into a more blissful experience with yourself and in your relationship.

Tantra, the spiritual metaphysics of sexual energy, teaches that all energy is life force. There are many approaches to Tantra and sacred sexuality. Ours is Supreme Bliss Tantra. Supreme Bliss is the zenith of sexual ecstasy that transforms Kundalini, or orgasmic energy, into expanded consciousness.

Supreme Bliss Tantra is the modern system of personal transformation based on that ancient Eastern spiritual path that uses Kundalini energy practices to...

- deepen love, intimacy and ecstasy,
- extend lovemaking, and
- create continuous full-body mind-altering Tantric Orgasms.

By opening all your senses, raising your awareness of the present moment, embracing all of life and all of your being, and focusing on pleasure as a divine gift, Supreme Bliss Tantra...

- heals your mind, body, and spirit,
- connects you passionately with your deeper self and your beloved, and
- immerses you deeply into the untold joys of sacred sexuality to reach cosmic peaks of pleasure

which makes life an ecstatic journey in total communion with all that is.

Wow! Can you see why we're so jazzed about it?

How Do You Transform Your Life & Sex?

Raising consciousness is the heart and soul of Tantra. A primary step in raising consciousness is welcoming all aspects of life, whether frowned upon by society or not. Tantrikas believe in enjoying life to the fullest.

We employ the bedrock of sacred sexual discipline: making pleasure the central driving force in each moment.

A central part of this discipline is to increase our capacity to enjoy. We begin to cultivate good feelings by fully opening our senses and flooding them with stimuli. We learn to accept more and more sensation and value it highly. We continue by savoring the excitement it brings.

Just when we start feeling good, many of us resist. We're conditioned to believe we're being selfish, having too much fun, or don't deserve it. We've got to unlearn the guilt and resistance that's bred into us. And so much of this is about our sex life.

Instead of viewing sex as dirty, low, or base, Tantra views the energy we experience during sex as a powerful, creative, healing, and even divine force. Since many of us have repressed sexual urges, feelings, and thoughts, when we harness our innate sexuality, it becomes a powerful force, an accelerated doorway to personal growth and change.

We don't fight, resist, or reject anything. Personal suppression can only produce mental warfare and internal stress. We release all tension as a useless struggle with no winners, only losers.

Maybe that's what Paul McCartney was singing about in "Let It Be."

EXERCISE: Sexuality Discussion Questions

This is a good time to write in your journal, talk to a friend, or discuss with your partner the following topics...

- What are your beliefs about sex? Good, bad, etc.
- What do you like most and least about sex?
- What about sex do you disapprove of and fear?
- How well do you do at fully receiving and absorbing all the pleasure you're offered?
- How would you like your sex life to change?

If you don't come up with meaningful answers at first, please dig deeper. The more you know about yourself, the more likely you will be able to transform your sex life so it's terrific all your life.

Why We're Qualified To Write This Ebook

We, Somraj and Jeffre, started Tantra At Tahoe in 1998 to teach lovers the ancient art and science of sacred sexuality. Our combined 53 years of teaching and counseling experience created the backdrop for us to help singles and couples integrate the secrets of Supreme Bliss Tantra into their lives. Our strong sexual appetites and willingness to experiment ourselves and with others provide the personal experience that allows us to write with conviction.

Somraj Pokras, the male half of our partnership, is the author of countless articles about Tantra, over 50 workshops, and four books including the best-selling [Ultimate Ejaculation Mastery](#). During his 30 year career as a counselor, group facilitator, and trainer, Somraj has guided more than 20,000 people to lead more effective lives. Somraj is a private pilot, avid skier, mountain bike rider, website designer, and worshipper of the Goddess.

Jeffre TallTrees, Ph.D., the female half, is a SkyDancing Tantra Teacher with over 30 years of clinical psychology experience specializing in relationships and human sexuality. Jeffre is co-author of [Intimacy: The Green Light for Red Hot Sex & A Lifetime Of Loving](#). She is a shaman, healer, counselor, workshop leader, columnist, artist, and avid skier whose advice is highly sought after.

And we're really hot together.

We wrote [Tantric G-Spot Orgasm & Female Ejaculation: Awakening Her Sacred](#)



Gate to Supreme Bliss because we derive great joy from assisting others to release their sexual inhibitions. We live in the mountain paradise near Lake Tahoe, California with our two golden retrievers, Shiva and Shakti. Our Tantric lifestyle allows the four of us to celebrate the beauty of nature during all seasons.

With all the stress, disease, and unhappiness in today's world, somebody has to demonstrate that it's possible to enjoy life to the fullest. We're making that our ecstatic life purpose. That's our story and we're sticking to it. If it works for you, come join us.

2.3 Tantric Sex Section

***“Being fully present in the moment creates not only
ecstatic sex but spiritual transcendence.”***

— Jeffre TallTrees & Orv. Fry, [Intimacy: A Green Light
For Red Hot Sex & A Lifetime Of Loving](#)

Tantra, Sex, & Energy

Tantrikas celebrate sexuality as the supreme divine gift.

Though Tantra is not directly about sexual techniques, Tantrikas become better lovers through consciousness, communication, and practice. We release the issues in our tissues that have blocked our enjoyment. As a result, our sensations and erections become stronger, we make love longer, and we experience bigger and more prolonged orgasms.

Typical modern lovemaking starts with a quick build up and ends with an equally quick release of sexual tension. Not so in Tantra. Tantric Sex uses the same body parts and physical actions, but unfolds much differently than the average quickie hurtling downhill towards a sudden explosion.

In Tantra, we define S.E.X. as Subtle Energy eXchange. Tantric S.E.X. means any touching or moving together that connects lovers' inner vibrations. The Sacred Gate (G-Spot) is one of those highly energetic erogenous zones that strongly activates the flow of sexual energy.

In Tantric S.E.X., rushing towards tension release and pushing to climax gets replaced with continuous streaming vibrations of ecstatic energy. When we enter the altered state of consciousness that comes with orgasm after orgasm, we simply float upon a cloud of bliss together.

Sometimes Tantric lovers move so slowly, stopping frequently to settle deeply into the rising tide of pleasure, stretching the experience out as long as possible. Our bodies become ecstatic when they truly get in tune with the spirit.

That's why we say Tantric Sex is more meditation than athletics.

Drop Your Goals, They'll Look After Themselves

There's no goal in Tantric Sex, only the present moment of perfect and harmonious union. Loveplay in Tantra is all about...

- Building, containing, and circulating sexual energy, not losing it.
- Letting the energy unfold and expand, not trying to make something happen.
- Feeling pleasure intensely for long periods of time, nothing more and nothing less.

We follow no agenda, set pattern, or programmed stages of foreplay and penetration. We don't rush through the preliminaries to get to the main act. We don't judge success in the sack by making ourselves or our partner climax. Since we have no goal of giving or receiving orgasm, anything may happen as the mood strikes the lovers.

All too often having goal expectations just creates frustration which you carry into later encounters. Soon, simple enjoyment gets bogged down with all these mental standards and judgments, future agendas and plans.

Performance expectations, pressure, and anxiety take you out of your body in the moment. By ignoring your own sensory input right now, you severely limit your ability to run sexual energy throughout your body and experience waves of orgasmic bliss.

Get Out Of Your Head & Into Your Body

In [Ultimate Ejaculation Mastery](#), Somraj writes...

“Getting out of your head means letting go of so many worries that normally accompany sex even with long-time partners. So heighten your senses, feel your feelings, enjoy your pleasure with no agenda, and you’ll gradually learn to stay out of your head and into your body.”

In contrast, the sexual practice of Tantra guides you to shift from orgasm — where you expect a defined ending - to continuously experiencing sexual pleasure energy for as long as you choose in any way that strikes your fancy in the moment.

We might look into each other's eyes at great length, exchange endearments we call sweet everythings, and quiver with ecstasy from the subtlest kiss or caress. We might flow from sensual touch to jewel union (intercourse) to oral sex to G-Spot massage to who knows what and back again.

Bringing this closer to home, guys, we applaud your desire to have incredible Sacred Gate orgasms from the practices in this ebook. But to do that, you'll need to drop your goal fixation in any specific practice session or lovemaking encounter. Let ecstasy be your long-term intention, but let whatever happens in any moment happen of its own accord.

Like a wet noodle or soft vajra, you can't push Tantric Orgasmic uphill by force.

You Don't Get What You Don't Ask For

Tantra teaches that whether you're female or male, you're 100% responsible for your own turn-on and your own orgasms. This makes sex a partnership of two powerful equals. It takes two to do the horizontal tango.

As a marriage counselor for many many years, Jeffre learned that the single biggest reason women get turned off to sex (after religion) is their fear of telling their men the truth about their sexual responses, desires, and wants. Guys, don't make this mistake with male G-Spot play.

If you want to deepen and supercharge your sex life, communication must begin at the beginning. That means telling your partner what turns you on and what doesn't.

As well, going deeper with communication all throughout your loveplay helps tremendously to create intimacy. When receiving sexual pleasure, you need to explain what you desire, what you feel, and how you're reacting.

We understand that few of us are total experts in all things sexual. Maybe you have a ways to go to learn about your subtle orgasmic triggers and keys to sacred ecstasy. Regardless, the more you talk with your partner about what you want and what you're feeling, the quicker you'll both learn what you can do to get it.

LovePlay Feedback

Realize that learning about what you want is a continual process, even if you've been married for decades.

Therefore, give clear guidance about what you like. Talk when appropriate, and show non-verbally what's getting your engine going. Find gentle ways to give feedback to guide your lover to turn you on to the max.

When you're in the throes of less-than-stellar lovemaking, you've probably already bypassed many opportunities for sexual communication. We don't recommend calling a sudden halt to your play if you can avoid it. If there's something really awful your partner does once or repeatedly, talk it over when you're NOT in bed. Wait until the next day and explain how important this is to you.

And give your partner some strong reinforcement of what you do that works so well. Do your best not to indict your partner's desirability or lovability. Don't compare this lover to other lovers. Make it clear this isn't a black mark against your partner's desirability, love, or value.

Remember, sex is the kind of teamwork where you're each 100% responsible for what happens to you. Part of your job is also to support your partner to build confidence. So if you're not getting what you want, don't use blame, use positive supportive communication.

EXERCISE: Tantric Sex Discussion Questions

Here are some questions to reflect on, journal, or talk about...

- How would you like your sex life to be more Tantric?
- What turn ons and sexual needs would you like your partner to better understand?
- What sexual topics do you feel shy talking about? How can you overcome this?

- When and how will you tell your partner more of what you want and don't want?
- How can you encourage and support the lovemaking you receive so your lover's confidence is reinforced?

Safe, Smart, & Conscious Sex

Sex with total consciousness is Tantric Sex. Tantra says “yes” to whatever you desire with consciousness. Though we may advocate sexuality in any form you choose, we urge you not to act in an unsafe manner.

Serious STDs (sexually transmitted diseases) such as HIV (the AIDS virus) and Hepatitis C are transmitted through fluid exchange. Other STDs are transmitted through sexual contact.

If you're sexually active outside a long-term committed relationship, it behooves you to pay attention to the levels of risk of the sex practices you choose to engage in. If you want to enjoy unprotected contact with your lover or you're concerned about being infected, it's your responsibility to check it out before exchanging fluids. Your doctor or county health department can provide you with tests for the health-threatening STDs.

Please be conscious, learn all you can, and look after your birth control and sexual health.

When we were first together, we talked openly about our sexual practices and decided very quickly we trusted each other's judgment and behavior. Even so, we got tested, used condoms for several months, and then were tested again before we went skin to skin fully.

Take Care Of Yourself To Be Fully Present

If either partner has any concerns about contracting any kind of infection (even a cold) or getting pregnant, part of that person isn't totally present for any loving experience you may be having. It detracts from you being fully present for Tantric Sex.

To prevent transmission of the most health-threatening diseases as well as most of the others, you need to prevent the exchange of bodily fluids with partners who haven't been tested. We recommend barriers like condoms for jewel union and fellatio, plastic wrap or dental dams for cunnilingus. Female condoms are readily available too.

We're always prepared so we don't get caught unprotected in a hot moment. We — and all our Tantric friends — carry a valise d' amour, French for little sex bag, with our condoms, lubricants, and special tools.

What's our bottom line? We avoid any sexual play with untested partners that would allow bodily fluid, mucous, blood, or ejaculate to contact an open wound, sore, or mucous membrane (such as inside yoni, Tantric for vagina, or the mouth).

We urge you to do the same.

EXERCISE: Smart Sex Discussion Questions

Here are some questions to reflect on, journal, or talk about...

- What birth control methods are you comfortable using?
- What methods of protecting against sexually transmitted diseases are you committed to?
- How will you stick to these guidelines during the heat of sexual play?

Partnering Questions

Because Tantrikas use sexual play as a potent tool to raise awareness, we address, discuss, and study sex more than the average person. We learn to look inside, understand what we're wanting and feeling now, and then talk about it. Part of this openness includes agreeing on safe sex practices before lovemaking.

And we never do anything we don't really want to. Or to another, even a long-term partner, without their permission.

If you know where you and your partner are both at during sex, it's much easier to relax. In Tantric Sex we prepare carefully so that we haven't a care in the world during the experience. We free ourselves to become thoroughly spontaneous in each moment.

That's why Tantric Sex is uniquely a partnership involving mutual consent, energy balance, full participation, open communication, giving, and receiving. To activate this partnership, we always start sexual encounters by discussing three issues...

- 1) **Desires**: what you want, intend, or hope will happen,
- 2) **Concerns**: what's on your mind or worrying you about it, and
- 3) **Boundaries**: what lines you don't want your partner to cross.

We call these the Partnering Questions. Discussing desires makes sure you get what you want. Discussing concerns, especially about contraception and disease prevention, helps you relax. Setting and enforcing boundaries empowers you to be safe and secure.

For example, before a sensual massage a man might ask for...

- long slow oiled strokes (desires),
- without things turning too vigorous because of a sore stomach (concerns),
- with no anal penetration (boundaries).

PRACTICE: Partnering Questions

Comments

Here's the first of many hands-on practices in this ebook. The more you stop and try them out, the more you'll learn from this program. So read it, do it with a long-term partner, or if you're single, write out some examples in your journal.

Purpose

The following practice guides you in getting familiar with the three Partnering Questions by discussing the topic of sex in general. Later, you'll use them to prepare for specific practices.

1. LOOK INSIDE

Take a moment to look within and identify how satisfied you are with your current sex life. Consider what you've had, what you've got, how it's working, how it's not, plus what you want more of and less of. Include desires, feelings, concerns, frustrations, and fantasies. Be sure to include safe and smart sex concerns about disease and pregnancy. The more honestly you can do this, the better your coming experience will be.

2. ONE PARTNER PRESENTS

One explains their desires, concerns, and boundaries regarding sex with the other. The other partner should simply listen, acknowledge, and ask for clarification only if necessary to understand. Though you might want to talk at some length with this global assignment, three minutes is usually sufficient for the Partnering Questions, one minute for each of the questions.

3. OTHER PARTNER PRESENTS

Exchange roles so the other partner can explain their answers to the three questions.

4. NEGOTIATE

If there are differences in desires or boundaries that conflict, discuss what you can do to honor each other's wishes.

Tantra 101

So you'll know what to expect, let us summarize some of the basic Tantra principles you'll find appearing in this book over and over...

- Relax and go with the flow, allowing natural forces to run their course.
- Don't be inhibited and don't resist healthy impulses,
- Be supremely conscious of everything while watching and enjoying.
- Be present in the moment and open your physical senses.
- Make love on multiple levels: sex, heart, and spirit.
- Focus on pleasure in the moment, not simply on achieving the big O,
- You are responsible for your own pleasure and responses.

- Know your desires, concerns, and boundaries, and voice them,
- Allow orgasm to come to you as a sacred energy event, separate and distinct from ejaculation and physical orgasm.
- Empty your mind of goals and anxieties, letting sex become a timeless blissful meditation,

2.4 Sacred Sex Section

“Tantric Buddhism is the much misunderstood practice of using the sexual energy as a way of exploring spirituality ... using sex as a gateway to a richer and deeper spiritual experience, and using spirituality as a means of expanding the sex act into one of erotic symbolism and meditation.”

— Richard Craze in [A Beginner's Guide To Tantric Sexuality](#)

Connect Your Heart & Spirit First For Great Sex

Tantrikas connect lust, love, and life force by making love on multiple levels. Tantric LovePlay is sacred sex because we merge all our energies inside by connecting the sex, heart, and spirit chakras (the energy centers up and down the body aligned with the spine). And share each with our beloved.

Tantra teaches that we're all a reflection of higher powers. In our rituals, we always include a namasté, the traditional Eastern palms together over the heart with a bow. Namaste' means “the divine light within me honors the divine light within you.”

Whatever way you cut it, Tantric LovePlay operates on an expanded plane, more than pure animal attraction.

The following practice is a simple quick way to remind your partner, and yourself, that your body is your sacred temple and that you want loveplay to be divine.



PRACTICE: Heart Salutation

Comments

Try this little greeting and closing gesture as a way of showing your respect for the life force of your partner. We do it each time we make love or when we're doing other joint practices. Though it just takes a moment and is silent, the intense eye contact creates an intimacy that sometimes leads to exchanging heart-felt appreciation of each other.

Purpose

To learn a simple way to show Tantric respect for the divine qualities of your partner.

1. SIT

Sit cross legged in front of each other as close as you can get. Comfortably make eye contact.

2. HANDS DOWN

Separately, both put your palms together pointing down. Touch the floor in front of you while still making eye contact. Visualize that you're feeling the energy of Mother Earth.

3. IN BREATH

Pull your hands, palms still together, up to your hearts, drawing up energy from the Earth, as you each take a deep slow breath continuing eye contact.

4. HANDS TO HEART

As you breathe in and move your hands to your hearts, visualize the energy of the earth being drawn into your heart.

5. LEAN FORWARD

Keeping your hands on your hearts, lean forward and touch foreheads in a "third eye kiss" as you slowly exhale. Visualize the energy swirling between you.

6. PART

Lean back as you take another deep breath, keeping your hands on your heart. Some like to close their eyes at this point as they take their energy back inside.

7. RELAX

As you visualize energy being returned to the Earth on your second outbreath, move your hands back down to the floor in front of you and open your eyes.

8. SHARE

If either of you are so moved, share what you're feeling about each other. This is a wonderful time for exchanging "sweet everything's," brief statements of what you love and appreciate about each other.

Ritual Engineers An Energy Conversion

Ritual in Tantra is just a way of honoring of each other as reflections of the divine. We choose to look through the outer shell and see into our own and our beloved's inner beings. Ritual makes loveplay feel different — intimate, sacred, more present.

What does Tantric ritual include?

- Putting on beautiful clothing that accentuates our sexuality like sarongs and jewelry with sensual, smooth, soft flowing cloth.
- Creating an altar near our practice area that contains meaningful statues, pictures of our teachers, and power objects like crystals and feathers.
- Cleansing the space with sage or scents, calling in the energies we want to invoke, and expressing gratitude.

This kind of ritual is simply our way getting ready to fully appreciate the joys of energy exchange in Tantric Sex. It takes conscious attention to create the mood inside and out. Remove the distractions, intentionally set up the ambiance, and then your only work is the inner kind.

Creating A Sacred Space

We call preparing the setting for practices and lovemaking, creating a Sacred Space. It's a physical and mental place that we choose consciously, take loving care in preparing, and dedicate to the higher purpose of sacred sex. You might say it's a simple ritual that consecrates the place and time, investing it with the intent of your love and connection.

If you don't have a spare room that you can decorate and reserve for Tantric LovePlay, you can create the environment you want in your living room or bedroom each time you make love. In fact, there's a benefit to setting up each time, as you get to ponder the kind of experience or energy you want to create right now. It also stimulates your creativity and focus, helping you resist the great forces of habit that makes some of us take things for granted at times.



PRACTICE: Sacred Space

Comments

Here are some of the things you should consider doing while creating your Sacred Space. Try out the things we suggest a few times, but remember, you eventually want to do it your way. Don't feel wedded to this program but experiment to discover what feels good to you.

We suggest you print out this practice, including the closing step that follows, so you'll be able to refer to it in later practices.

Purpose

To practice creating a Sacred Space.

1. CLEAN-UP

Choose your space and clean-up dust, dirt, stray objects, and loose clothing.

2. DECORATE

Decorate with sarongs, wall hangings, art, flowers.

3. CENTERPIECE

Place a beautiful sarong on the bed or cushion as the center of your practice area.

4. MUSIC

Set up a music player with chosen music loaded and playing. Have a remote control handy, if you have one.

5. OTHER SENSES

Place candles, bells, incense, and the like around to titillate your other senses.

6. ALTAR

Create a dedicated area as an altar for special power objects dedicated to your love, your guru, your lifestyle, your relationship, etc.

7. CALL IN ELEMENTS

We call in the basic elements honored by the Native Americans — water, earth, air, spirit — from the compass directions beginning with the South, then the West, North, and South.

8. CAST OUT

We first walk around the center of the space counterclockwise, verbally casting out the energies, emotions, and attitudes we choose to leave out of our space. One at a time say things like “no more stress, anger go away, worries begone.”

9. CALL IN

Then we walk around clockwise, calling in energies, emotions, and attitudes we want included. Say things like “more pleasure, come in love, welcome passion.”

10. INVITE

We finally invite the spirit and energy of our teachers, mentors, and ancestors into our space.

Typically we would then sit across from each other, do a Heart Salutation, and then discuss the Partnering Questions. Don't worry about remembering these new actions as we'll remind you in later practice instructions.

Don't Forget Your Closing Ritual

After making love or practicing Tantra, it's a good idea to wrap up with a sense of completion by consciously closing your sacred space. Here are some suggestions...

- After a practice session, comparing reactions is always interesting.
- It's endearing to exchange compliments, acknowledgments, sweet everythings.
- After a powerful orgasm, lying in each other's arms is a sweet way to cool down.
- Feedback is a great way for a partnership to grow and evolve amicably.
- Verbally release the elements from the directions and any spirits you've invoked.
- And of course we conclude with another Heart Salutation.

Shiva & Shakti Unite

“Shiva and Shakti, the inseparable divine couple, are the gods of the ecstatic dance and the creators of the yoga that allows adepts to rediscover the divine at the root of their own minds by opening the heart.”

— Daniel Odier in [Tantric Quest](#)

According to ancient Tantra writings, the god Shiva and his consort Shakti, created the universe by making love. Today, Tantrikas revere Shiva as the pure embodiment of the masculine force culminating in cosmic consciousness, and Shakti as the feminine principle embodying pure creative energy.

An essential part of understanding Tantra is recognizing the alchemy of blending female and male energies represented by Shiva and Shakti.

Western society artificially separates our masculine and feminine energies by discouraging the development of the opposite qualities. You know that men are taught to hide their soft receptive feeling side and women are traditionally encouraged to hide their forceful leadership and dynamic power.



Tantra encourages each gender to cultivate the latent forces of the other. If men seek their intrinsic truths on the Tantric path, they'll invariably discover their supple, receptive, sensitive, and vulnerable side, without losing their masculinity.

Women will discover their strong leadership, dynamic initiative, and teaching powers while retaining their sensitivity. These new qualities add to the strengths consistent with our outer gender which we've already learned to exercise.

What Do Real Men & Women Eat?

To be receptive to the powerful energies Sacred Gate massage release, a man needs to be able to fully surrender to being penetrated, physically, emotionally, and spiritually. This takes courage, strength, and supreme confidence in himself. You see, the receiver is the only one who really knows what's going inside in each moment.

To reach ecstatic heights, he must guide the experience he's receiving. He must be so calm and secure in controlling his partner's motions that he doesn't disturb his own reverie. This is the dynamic direction of Shiva energy.

You might think that a giver of Sacred Gate massage needs to be in total control. Well, yes and no. The giver also has to be fully receptive to being led and embrace the Shakti energy. The giving partner, whether male or female, has to be willing and able to give oneself fully in service to the divine essence of their beloved.

So givers, give up your own agenda, surrender to whatever happens, and support, nurture, and follow selflessly. These are essential Shakti qualities.

In other words, the strong in-control giver must be soft and feminine as well. At the same time, the receiver in the midst of surrendering to their pleasure needs to act strongly and maintain control. Isn't this the opposite of what common views might expect?

Ultimate success with Sacred Gate stimulation and female ejaculation requires that both giver and receiver excel at performing both Shiva and Shakti roles and be able to interchange them seamlessly.

More Than Animals In Heat

Though you've got some incredible sexual practices ahead, we wanted to start you off with the mindset that Tantric Sex is more than rutting, more than just animals in heat. You can expand your sacred sexual experience by...

- Looking inward and deciding how you can make your sex life sacred.
- Focusing your awareness where it will help, on celebrating pleasure.
- Being responsible for your own pleasure using Partnering Questions,
- Intentionally creating the mood you want in a Sacred Space,
- Honoring the divine in all of us with the Heart Salutation. and
- Developing the attitude and approach of your opposite gender.

Open to all the energies of life and your lovemaking will never be the same. Enjoy the transformation that awaits you.

EXERCISE: Sacred Sex Discussion Questions

Here are some questions to reflect on, journal, or talk about...

- How do you feel about viewing sex as sacred? What can you do to make this happen?
- What other energies would you like to bring into your sexual encounters (spiritual, heartfelt, childlike, spontaneous, animal, fantasy, etc.)
- What would make you feel safer, more loved, more adored, more blessed during sexual play?
- How well do you focus on your own pleasure while receiving?
- How fully can you give without worrying about what you're going to get in return?

2.5 Streaming Energy Section

“The awakening of Kundalini is, somehow, the awakening of the latent cosmic energy lying in every human being, for such an energy is the origin of all his powers, all his strength, all the forms of life he may assume.”

— Lilian Silburn in Kundalini

How Tantra Can Help Your Sex Life

How can a spiritual practice like Tantra help you with G-Spot orgasms? It can because Tantra is about mastering your own energy, the vitality of life. We mean that inner subtle vibration that's always percolating beneath most people's normal level of consciousness.

Everything in the physical universe is in motion due to energy flowing. The cells in our bodies, the blood in our veins, the impulses in our nerves all continuously vibrate inside. Are you aware of it?

What causes goose bumps? A chill down your spine? Shivers or ticklishness? Or more directly on our subject, how about that tingly warm feeling in your jewels (genitals) when you see a luscious specimen of the opposite sex swaggering down the street?

When we refer to energy in Tantra, we mean the nervous stimulation and physical excitation that causes these feelings. We're talking about the electrical and magnetic life force that pervades all of our bodies.

What Energy Crisis?

Regardless of your level of satisfaction with your lovemaking skills, energy is at the root of it. Tantra targets sex because it creates so much energy.

Because most lovers feel this kind of sexual energy most strongly just before an orgasm, you'll see us use the term "orgasmic energy." Kundalini is the traditional name for sexual orgasmic energy, but it's all the same electromagnetic life force in your body.

Tantra teaches heightened awareness of these subtler, finer frequencies. Most people don't notice them because their internal receivers haven't been tuned to pick them up. Like dogs that can hear high pitched sounds, Tantrikas learn to transmit and receive Kundalini.

That's partly why we delight in exploring our senses of taste, sight, smell, and sound as well as deeper appreciation of sensual touch. By tuning our senses, we learn how to summon Kundalini energy, focus on its effects, magnify its impact, and circulate it around the body.

Learn To Open Your Stream Of Ecstasy

When enough sexual pleasure is awakened inside, it's hard to contain the Kundalini in one spot. In Tantric Sex, we spread the energy, or stream.

Streaming is our favorite name for moving, running, channeling, or circulating energy. You're streaming when you open your pathways to the energy of ecstasy and let the natural vibrations engulf you.

When orgasmic Kundalini energy streams throughout your body, it's as if every one of your cells is coming. Yes, you feel the same ecstatic experience everywhere. Multiple whole-body orgasm is high on our private list of Tantric energy delights.

When we first started Tantric practice, Jeffre used to have powerful session-ending orgasms. When she learned to stream instead of explode, she started experiencing multiple orgasms. In the same way, Somraj learned to separate ejaculation from orgasm, heighten the Kundalini energy in his Sacred Gate, and make love much longer. This was his doorway into the world of male multiple orgasm.

The pinnacles of sexual ecstasy result from both partners sharing, combining, and building on each other's energy. That's why our definition of S.E.X. is Subtle Energy eXchange.

If Inner Tennis, Why Not Inner Orgasm?

Guys, you know what happens if all the sexual energy generated through lovemaking stays in your jewels? Right, it boils over quickly out the end of your pleasure stick. Vajra (penis) explodes with a momentary flash of pleasure and a big wet spot which usually ends the play time for a good long while.

When you learn to stream that Kundalini away from vajra and around your body, you'll feel great all over without a sudden big gush. You can have many growing energy rushes culminating in a series of internal energy climaxes we call Tantric Orgasm. This is how you can separate ejaculation from orgasm while still having those powerful pelvic muscle contractions that feel so wonderful.

How do you learn to spread Kundalini energy elsewhere in your body?

Somraj's personal story in his ebook, [Ultimate Ejaculation Mastery](#), answers that question conclusively. If you or your partner are interested in prolonging your lovemaking nearly indefinitely by using the ultimate solution for premature ejaculation, get your copy now by clicking [here](#).

EXERCISE: Discussion Questions For Men

Here are some questions to reflect on, journal, or talk about...

- How aware are you of your Kundalini energy?
- Have you ever felt Kundalini surging through your body?
- How well do you extend your loveplay without ejaculating too soon?
- How do you do it?
- Have you ever had a dry orgasm?

Where Do You Store Your Energy?

Many ancient cultures, both in the East and West, studied our subtle energies and devised methods to gain greater mastery over them. Common to many practices are the chakras, the Indian word for wheels. Chakras are...

Whirlpools or vortexes of energy centered near the spinal column and extending in front of and behind the body where subtle energy is generated, collected, and stored.

Most systems identify seven chakras that reside from the bottom of the spine to the top of the head. Here is a relatively universal list...

#	Chakra	Location
1st	Perineum	Base of spine
2nd	Belly	2 inches below navel
3rd	Solar Plexus	Below breast bone
4th	Heart	Center of chest
5th	Throat	Throat
6th	Third Eye	Forehead
7th	Crown	Top of head

Though energy is energy, when it's generated or settles in a specific chakra, it feels different. When we talk about sexual energy, we're actually referring to vibrations of the first two chakras at the belly and pelvic floor. At the heart, it's the warm embrace of love. In the brain, it fuels higher awareness. At the crown, it connects us to the spiritual plane.

Prescription For Prolonged Peak Experiences

We know you're reading this ebook to unleash the power of the Sacred Gate. So let us explain how your chakras figure in so pivotally. There are two main reasons.

First, most love partners want more than just a lust connection at the first couple sex chakras. Merging energy at multiple chakras satisfies them immensely.

Second, you can use the invisible channel that connects the chakras internally, which we call the inner flute, to move Kundalini energy throughout your body, filling your imaginary pleasure balloon.

Regardless of your gender, flowing Kundalini energy up your inner flute arouses the rest of your body so you can experience multiple full-body orgasms. Once you learn to stream, you'll experience amazingly powerful responses to subtle stimuli. Your senses will become immeasurably heightened.

Imagine what it will feel like when other parts of your body are throbbing with the same excitation that makes your jewels pulse and quiver during orgasm?



Pump Your Pleasure Balloon

To reach the highest states of ecstasy imaginable and beyond, you're going to consciously fill your pleasure balloon, that imaginary energy bubble inside you that limits and controls your capacity to feel. At rest, your pleasure balloon is collapsed around your jewels. As you get excited and Kundalini energy streams up your inner flute, you'll pump it into your "container" making your balloon expand.

The more you do this, the lighter you'll feel and the higher you'll float.

By the way, the more you practice, the bigger your bubble will stretch. The more you exercise your pleasure balloon, the more flexible it becomes, the easier it expands, and the larger it can get. Which means you feel more and get higher and higher.

2.6 Orgasmic Breathing Section

“Endless orgasm is for those who can be responsible for staying in love, for stepping out of the mental trivia trap, out of everyday thinking mind. Thoughts can kill endless orgasms, just as they can kill ordinary orgasm during ordinary sex.”

— Margot Anand in [The Art of Sexual Ecstasy](#)

Four Cornerstones Of Supreme Bliss

We expect many of you are reading Tantric Male Multiple G-Spot Orgasm not simply to have better sex but to have sacred ecstatic experiences. Along with learning the physical triggers, you'll learn here how to use Kundalini energy to propel you higher.

The secret is to turn the responses of the body and mind during orgasmic ecstasy into skills you can practice and master. We call these keys the four cornerstones of Supreme Bliss. They are...

- Breath,
- Sound,
- Movement, and
- Presence.

A Tantric breath is deep, slow, and in the belly. It's the stimulating breath that fuels the body's metabolism.

Tantrikas make sounds like moaning to express the pleasure they're feeling. This releases inhibitions and opens powerful nerve channels.

The kinds of movements we're referring to are undulating pelvic rocking on the outside and sexual muscle pumping on the inside. Not only do these actions channel Kundalini, but they feel really hot.

Presence means being relaxed enough to open your senses in the moment without any goal or expectation and focus totally on the pleasure you're feeling right now. Presence of mind allows you to use visualization to move Kundalini, and presence of spirit tunes your internal receiver to the frequency of subtle energy.

Your PC Muscle Is Not A Personal Computer

A potent tool for streaming sexual energy is to flex your inner sexual muscles. We're talking about your PC muscle, short for pubococcygeus.

The PC muscle is easy to identify. Put one of your hands on your pubic bone, the one that's above your jewels and around your pubic hair at the bottom of your tummy. That's the P.

Now reach around behind and put your other hand near the top of your butt crack just below your spine. That's your tailbone or coccyx, the C. The PC muscle snakes down around your jewels and anus and connects these two bones plus your sitting bones and

legs.

To use our PC, you need to be able to identify it from the inside. It's the one you tighten when you want to stop in the middle of urinating or squeeze out the last few drops.

Try squeezing the muscle right now. Did you feel it?

If you can't isolate it, take a toilet break. Start peeing and stop in the middle. When you're finished, try to squeeze the last few drops out. The muscle you used to stop mid-stream and squeeze at the end is your PC.

You Want To Strengthen Your PC

As with any physical calisthenics, improved tone gives you better muscle control. When a muscle is weak, it feels like mush after a little exercise. If your PC is weak, your pleasure and orgasms will suffer.

Having strong internal pelvic muscles, keeping them relaxed when at rest, and knowing how to use them without strain can dramatically enhance your sexual pleasure. That's because the PC pulses randomly when you peak and rhythmically when you orgasm, especially intensely while you're ejaculating.

So the stronger your PC, the stronger your orgasms.

If you develop a strong PC, you can have more sensitive jewels, harder erections, and bounce vajra's head to hit your honey's G-Spot. There's even some evidence that regular PC exercises therapeutically massage your prostate and keep that vital organ healthier — a great side benefit.

If you strengthen and tone your PC muscle sufficiently, you can learn to regulate its contractions, consciously making them slower. This expands orgasmic sensation during lovemaking and spreads the pleasure out. More importantly, because you'll be pumping the sexual energy of explosive orgasms up your inner flute and away from your jewels, you'll reduce the urge and likelihood of a premature explosion.

The stronger your PC becomes, the more intense and pleasurable sexual intimacy can be for you. Of course, our main reason for urging you to do regular PC exercises is to help you learn to stream Kundalini energy. That's the gateway to multiple Sacred Gate orgasms of incredible intensity that flood your entire body.

If your PC is always tense and contracted, it can block your ability to stream Kundalini which requires open channels and relaxed nerves and muscles. If it's strong, you have a powerful tool to consciously channel energy up your inner flute and throughout your whole body.

That's the end of our PC sales pitch. Men with strong PCs are more likely to be able to have stronger orgasms, multiple orgasms, more powerful ejaculations, and greater premature ejaculation control.

A Whole New Meaning To Pumping Iron

Did we convince you that you need to do PC pumps regularly? That's what we call these sexual muscle squeezes.

Fortunately, it's easy and inexpensive to strengthen them. Though it just takes a few minutes a day, it doesn't happen overnight. To get the maximum benefits from Tantric Male Multiple G-Spot Orgasm, we urge you to add some of the following practices to your daily routine.

Maybe you've heard of Kegels. These are similar practices developed in 1952 by a gynecologist named Dr. Arnold Kegel. He taught women to strengthen their PC muscles after the trauma of childbirth to restore tone and regain control of their urinary reflexes.

Doing PC pumps is easy. The hard part is establishing a regimen and remembering to do them. Develop a successful memory device so that you don't forget. Find a time and place where you'll remember to do several sets of these practices each day. Once they get strong after several months of practice, continue the same regimen as your own maintenance program

Whatever you choose, do it regularly so it becomes an integral part of your life routine. Since it doesn't seem to matter what position you're in for these practices, you can choose whenever and wherever best jogs your memory.

These practices may be about squeezing your PC muscle, but the relaxing in between each contraction is vital. If you're tense, your sexual energy gets trapped and can't flow. Consequently, the unflexed moments between pumps are as important as the strengthening. Sure, get into the habit of squeezing to tone the muscles, but put as much attention on totally relaxing between flexes.

PRACTICE: PC Pumps

Purpose

To learn how to exercise your PC muscle and establish a daily routine.

1. SETTING

When you first begin your PC pump practices, we suggest you use the Tantric tools we've presented so that your mindset is properly focused. Create a Sacred Space, honor yourself with a Heart Salutation, and consider the Partnering Questions. Write in your journal (if you're using one) about your desires for establishing a daily routine of PC exercises, your concerns, and boundaries.

Once you've grooved in a system that works for you, don't feel compelled to include all this ritual every time you practice, unless it helps.

2. SQUEEZE

Squeeze and release your PC muscle at the rate of your relaxed breathing, which means hold it each time for a second or two and relax it for a second or two. Start with 20 contractions twice a day and build up to at least 75 per set. This should only take a few minutes each time you practice.

3. ROUTINE

Next, figure out a practical way for you to remember to do PC pumps regularly. After your first practice session, take your first steps in establishing a personal memory-jogging routine. Decide or write in your journal several ways that you can remind yourself to remember to do two or more sets of PC pumps per day.

4. CHECKPOINT

After a few days, create another focused ritual as in step (1) to consider your progress. How many repetitions have you built up to so far? Can you increase that number? How does it feel? Should you slow down because you're making yourself sore?

Has your memory-jogging routine worked? Do you need to put up notices to yourself on the mirror or refrigerator? Should you do your exercises at other times that would be easier to remember?

5. LONGER

When becomes easy to do PC pumps in rhythm with your breathing, hold them longer. Extend the length of your squeezes by several seconds. Coordinating with two or three breaths is a good way to practice.

6. CONTINUE

There are many more ways to strengthen your PC. After some weeks, you may want to experiment with holding even longer and squeezing even tighter. You'll find that you can isolate the various parts of your PC and may want to practice front, middle, and back separately. Pulling in and pushing out rosetta is especially helpful for awakening your Sacred Gate.

7. MAINTENANCE

After several weeks of continuous practice, you should have a regimen that works for you. Keep up the good work and reap the sexual rewards.

Rather Have A Machine Do All The Work?

To build your PC muscle, you do need to exercise it. Fortunately, some bright motivated medically-oriented inventors developed a sex toy that can speed up the process.

It's called Aneros, the Male G-Spot Stimulator. After its amazingly easy insertion, the small plastic wings press against the prostate from the inside and outside at the same time.

The secret of the Aneros lies in the user's pelvic muscles. Contraction of the anal sphincters automatically applies pressure to the male Sacred Gate so you can feel your PC pumps extra strongly. Exercising with Aneros not only gives you instant feedback, but feels great. There's lots more about Aneros and male G-Spot massage in [Chapter 5](#).

But you don't have to wait. You can learn all about Aneros and get your own via confidential male by clicking [here](#).



Orgasmic Breathing

Orgasmic Breathing is the kind of breath, sound, movement, and presence that happens when you have a typical explosive orgasm. We encourage you to practice these tools without sexual arousal at first so you can develop mastery over those body/mind functions that happen involuntarily during a climax.

For the most part, we'll be dealing here with subtle energies. At first, don't expect that you'll be flipping one of those big high-voltage control levers with huge sparks that will throw your body across the room. Right away, if you're very relaxed and sensitive, or hopefully soon through practice, you'll become aware of a little warmth, electrical tingle, or pleasurable tickle.

To employ the power of subtle Kundalini energy, relax, breathe, and feel every little sensation. Tension will block the doorway to feeling and moving these energies.

You've got to clear your mind and listen acutely to reach it. Once you learn to tune your receiver to subtle sexual energy, it becomes a powerful force that you can direct and regulate for magnified passion.

Be patient. You'll probably need to practice a bunch of times for several weeks before the magic will occur. Somraj took months before he could feel Kundalini and stream it. Take it easy with yourself and your partner.

Relax, Breath, Sound, & Stream

As orgasm approaches, most lovers' breathing becomes shorter and faster, often panting uncontrollably, propelling them towards explosion.

Tantric Breathing can help you relax, stream, and come again and again. To do this, you slow down, breathe through your mouth deep into your belly, especially when you get very excited. This kind of full breathing lowers the heart rate and can help dissipate the tension of arousal.

Making sounds may be the most underutilized of the four cornerstones. The same nerves that regulate your voicebox are connected to your jewels. That's why moaning with pleasure comes naturally when your orgasmic reflexes are working at top speed.

The more noise you make, the more passionate you'll feel inside. The more passionate you feel inside, the more passionate you appear. And guess what, the more passionate you appear, the more you'll feel inside. It's a self-reinforcing loop.

Rumor has it that the louder you scream, the more you turn your partner on, too.

Of course, you first need to get over any self-consciousness you might feel. So many of us are conditioned to believe that sex is naughty that we inherit a cultural shyness about showing we're enjoying ourselves.

We don't want anyone to hear. Oh my God, what if they found out we're "doing it?"

Here's your chance to get over such old inhibitions that don't serve your sexual and spiritual well-being. Just remind yourself that pleasure is your divine birthright and that you're entitled to as much ecstasy as you can conjure up. Sounding off is one powerful way to amplify your sensations.

Now Get Your Energy A-Moving

If you use your imagination to visualize energy moving in your body, you can strengthen your ability to stream more quickly. Since energy flows where attention goes, just imagining sexual juice and electricity in your body can create glorious feelings.

In the practice that follows, we'll guide you to use visualization with your energy centers, chakras, and your inner flute, the subtle channel that connects them.

PC pumps are the internal version of the cornerstone of movement. Pelvic Rocking, a rotation of your pelvic area, is the external one. Some have likened it to riding a horse, but we prefer to compare it to the way you move in and out during deep jewel union.

Which fuels your passion more, lying still or rocking while vajra slides in and out? We rest our case. Rock, move, squirm sensuously. Undulate front and back and side to side like a snake. Let your body quiver and shake when it wants to. Try it, moving is a powerful way to propel and magnify your sexual energy.

So that's Orgasmic Breathing — moving, breathing, sounding, pumping, and visualizing — which creates the most flow of Kundalini.

PRACTICE: Orgasmic Breathing

Purpose

To combine the components of Orgasmic Breathing into one comfortable, unified, synchronized, natural whole.

Comments

We've broken down the individual parts of Orgasmic Breathing into discreet steps so you could get understand them. When we're working privately with clients, we guide them to practice each one separately. If you run into any coordination trouble during this practice, we encourage you to try them separately.

But really, once you learn to coordinate them all, Orgasmic Breathing is just doing one unified thing. Most people do these things naturally together during ecstatic sex, so why not use them consciously?

1. SETTING

Begin with the Tantric tools we've presented so that your mindset is properly focused. Create a Sacred Space, honor yourself with a Heart Salutation, and consider the Partnering Questions even if you're practicing solo.

2. POSITION

Use whatever position you want as long as it allows free pelvic movement. Sitting on a pillow on the floor works well, as does perching on the edge of a chair.

3. RELAXING

Spend a few minutes relaxing, getting comfortable, watching your breath, and releasing any muscle tension with your eyes closed.

4. TANTRIC BREATHING

Start Tantric breathing through the mouth, deep and slow into the belly.

5. ROCKING

Rock your pelvis one way on the inbreath, the other on the outbreath.

6. PC PUMP

Add the PC pump on the inbreath.

7. SOUNDS

Make sounds as you start to feel good or by imagining that you do.

8. VISUALIZE

Visualize the energy coming into your first chakra on the inbreath, being pumped up your inner flute by your PC contractions, and streaming out your pelvis on the outbreath. During your first practices, aim to raise your sexual energy just up to the heart chakra.

9. ENJOY

Enjoy for a few minutes.

10. SYNCHRONIZE

If you want, try this with a partner. Sit across from each with your eyes closed, doing the above steps. When one of you gets in the flow, open your eyes. When the second partner opens their eyes, make eye contact and coordinate breathing in and out together at the same pace. Can you feel each other's energy?

Afterthoughts

You see, Orgasmic Breathing is the primary method of streaming Kundalini energy while making love. Because it's subtle at first for most people, don't be deterred if you require repeated practice. Once you get it, it's truly exciting loveplay. Believe us, Orgasmic Breathing really gets our juices flowing when we do it before jewel union (intercourse).

2.7 Sensual Massage Section

“Slow down. Remember that this is not a race, and you are not in a hurry. This is also not the Olympics, you have nothing to prove — you and your new friend are setting out to do things that feel good with your bodies. Touch feels good. Stroking feels good. Taking time feels good. Slow down enough so that you can truly feel what you are doing. Worrying about the future will not help you get there: focus on what you are feeling in the present. Erections and orgasms might come, might go, but you can never go wrong by doing what feels good.”

— Dossie Easton & Catherine A. Liszt in The Ethical Slut

Ecstasy With The Slightest Touch

Like women, most men enjoy Sacred Gate play only after extended warm-up. Because it's a kind of tissue that swells with arousal, you may not even feel your G-Spot at first. Or you might find it numb, uncomfortable, or downright painful without adequate awakening.

Which explains the point of this final section of Chapter 2: play at length with a wide array of sensual, exciting methods to get you turned-on before you reach for the Sacred Gate. Don't repeat the error of the typical urologist — “Spread your legs I'm going in.”

Many lovers are on the lookout for greater and greater stimulation. This often takes the form of harder and faster touching, licking, or pumping. We're going to describe just the opposite — how you can train your body and your nervous system to orgasm with the slightest touch.

We call it Tantric Touch, the ultimate sensual massage through skin-to-skin contact with full consciousness. This means both giver and receiver are fully awake with all senses wide open to the physical and as well subtle energies.

Givers of Tantric touch are totally present, totally conscious, totally attentive to what they're doing. They fully feel every sensation they're giving. Just being super sensitive

opens the energy conduits between lovers. They focus all their concentration on flowing energy from their heart, through their arm and hand, into their fingers. Givers who touch any body part Tantrically derive as much pleasure as the ones who receive Tantrically.

Of course, this is great advice for receivers, too. If you want to get high from sex, be totally present to the feelings, sensations, and energies welling up in your body.

Sensual Massage

Sensual massage is soft and slow focusing on long strokes with varying pressures and textures.

Vary the pressure from a light tickle to somewhat firm. Check in with your partner about what feels good, but remember, desires may change in the moment.

We encourage the use of feathers, silk cloth, soft fur, and other items that titillate your beloved. Some enjoy rubbing with terry cloth or a hairbrush to awaken the senses. Others prefer massage with talcum powder or corn starch for that extra sensuousness. Be sure to do this before you apply any oil as the pasty combination isn't particularly appealing to either party.



Why not use other parts of the body in place of hands like hair, chest, jewels, mouth, or tongue?

We like to start sensual massage at the periphery — hands, feet, head — and gradually move closer and closer to center. Don't ignore any part of the body.

Light random Tantric Touch of the jewels is a welcome addition and great teasing for big things to come. Though this isn't designed to be a hand-job, brushing the jewels occasionally pumps lots of excitement into everything else you feel.

After titillating the skin with different textures and motions, ask your partner if they want to continue sensual massage with oil. If the answer is yes, remember what your goal is: further awaken the senses and help your partner feel sexual arousal all over without total concentration on the jewels.

PRACTICE: Sensual Massage

Purpose

To practice awakening all parts of your beloved's body with a wide variety of sensual massage techniques using Tantric Touch.

1. SETTING

Together, create a Sacred Space. Lay out a sarong, put on some soft sensual music, light some candles. Get together any props you'll need: oil, feathers, towels, etc. Do a Heart Salutation. Discuss the Partnering Questions. Decide who will begin as giver and receiver.

2. PREPARATIONS

Start with whatever it takes to get the receiver's body relaxed and their mind present. Meditate, breathe together, just look into each other's eyes silently. Settle in. When you're ready, giver, delicately and sensuously undress your partner.

3. TOUCH

Giver, begin with slow, subtle, sensuous Tantric Touch all over.

4. RECEIVER BREATHE

At the same time, receiver, reinforce what the giver is doing by using the four cornerstones of Supreme Bliss...

Breath — deep and slow,

Sound — loud as you can on the exhale,

Movement — tightening and relaxing the PC muscle while moving the pelvis, and

Presence — total focus on the sensations you're experiencing.

5. MORE & MORE SENSUOUS

Now, sweet giver, stroke your beloved's entire body more and more sensuously. Vary your strokes, pressure, and speed. Add patting, tapping, even vibrating. Use other implements and body parts. Follow your darling's cues.

6. OIL

If your beloved chooses, warm some massage oil in your hands and anoint their body, one section at a time. Slip and slide with long strokes for maximum turn-on. Be sure to drive by the jewels now and then.

7. COOL DOWN

Bring your light touch to a close. Hug, hold, or lie next to each other. Feel the receiver's subtle excitement and energy. Talk about how the experience was for each of you. Acknowledge what you shared with a Heart Salutation.

8. SWITCH

Switch roles right away and repeat the steps above or take a little break for the receiver to assimilate the new sensations.

9. CLOSE

Again, hug, hold, or lie next to each other. Feel each other's subtle excitement and energy. Talk about how the experience was for each of you. Close your Sacred Space with a Heart Salutation.

2.8 Closing

Tantric Sex is a conscious all-chakra affair. Use communication, build intimacy, make your space sacred. Teach each other what you like and try out new things. Touch sensuously, be responsive, and respond to your beloved's signals. Use wonderful resources like the Kama Sutra to expand your repertoire.

Be smart, be conscious, experiment, and have fun.

In essence, that's what Tantric Male Multiple G-Spot Orgasm is all about. We don't just want you to read it. We want you to study, communicate, and practice. All the wonderful, delicious, juicy stuff we're suggesting is for you and your beloved partner to experiment with.

Keep an open mind. Act like kids playing doctor. Drop your expectations and cynicisms. Treat every experience as fresh and new. Only if you get out of your own way can you let the dormant energy deep within transport you to new and unexpected places.

So practice, practice, practice. We know some of this stuff is new and seems weird at first. If you try it, we think you'll like lots of it. Either way, we won't tell on you.

And don't just do the exercises once. Practice may not make you perfect, but it does get better and better. Every time you do it, you'll learn something new. We guarantee it.

Chapter 3: The Ins & Outs Of G-Spot Play

“With anal sex, as with all loveplay, there must be communication, mutual interest, and consent as well as a playful attitude and an open heart.”

— Jeffrey TallTrees & Orv. Fry in Intimacy: A Green Light For Red Hot Sex & A Lifetime Of Loving

3.1 Purposes

The purposes of this chapter are to...

- Explore the taboos of male G-Spot play.
- Understand the awakening process,
- Review the benefits, myths, and objections to anal play, and
- Decide if the potential benefits of anal play outweigh the challenges for you.

3.2 Taboo Section

Open Your Forbidden Zone

We know, you're raring to trigger a vast new arsenal of G-Spot orgasms. But before going any further, we want you to consider another fantastic benefit of men enjoying prostate pleasure. For the maximum experience, you enter through a man's rectum. This takes some getting used to, but has startlingly powerful results when he does. Why is that?

Tantra teaches that we can only grow by accepting ourselves fully. Our bodies are the physical vessel for our spirits and therefore sacred. We should honor, revere, and enjoy them every chance we get. We consider sexual energy one of life's most powerful spiritual forces. Anything that ignites pleasure is sacred, even our rosetta (anus).

We believe that nothing is more important than that you feel good.

Instead, most of us drag a lifetime of taboos with us everywhere we go. We're taught to neglect, judge, and put down our bodies. Not only are we conditioned against body acceptance, we're pressured to deny the sensual pleasures they can yield. We're taught embarrassment and shame with bodily functions, like wet yonis (vaginas), hard vajras, burps, and excretions.

Owning all our equipment and their emanations is essential to loving ourselves and growing. Our rear orifice is one of our most forbidden zones, a private and secret place, kept in the dark and rarely exposed even to our most intimate beloved.

But the rosetta can generate immense pleasure. It's loaded with nerve endings, second only in sensitivity to its nearby neighbors, your jewels. Anyone who wants to appreciate life to the fullest shouldn't ignore it.

Kids Are Too Young For Toilet Training

Even if you leave out the spiritual growth path of Tantra, why can't we simply enjoy playing with all our flesh toys like the kids we crave to be again? Largely, this is because of early conditioning. From an very young age, we're exposed to rules that limit the fun we naturally gravitate towards and the consequences of breaking those rules.

For example, when we're most vulnerable, toilet training convinces us that to be loved we need to keep our rosetta shut tight. For love and approval, we stress and strain until we keep our back door firmly closed. We grow up with strong imprints like "Kids are bad who have accidents in their pants."

And we all had accidents, right?

Whether you had harsh or loving parental discipline, there's no escaping childhood mistakes. Even if you had the most enlightened parents in the world, all of us were still influenced and controlled by the values of the society we grew up in.

It seems that so many of the things that kids naturally do are labeled bad and wrong.

When elders enforce the judgment that our actions are bad and wrong, we're bombarded with fear, pain, and things we interpret as threats to our survival. You can't blame us to take whatever steps we can to protect ourselves, can you?

The Inner Trappings Stay With Us

We're too little to fight back and change the culture. So we feel powerless, and have little choice but to take the only avenue available to all of us, withdraw inside and tighten up. This causes us to repress these powerfully threatening feelings.

As a result, the emotional energy gets stored in our tissues. The tension between what we're taught and our natural instincts gets trapped inside. Rosetta, our anus, is for most of us shut the tightest in self-protection.

This is body armoring, storing our issues in our tissues, which causes our muscles to lose their flexibility and permanently harden.

You see, we're not trying to convince you to be kinky or dirty. We're simply trying to point out that you're walking through life with injunctions that prevent you from feeling good. Armoring stays with you and makes you resist your natural sexual instincts. The orifices which function well when relaxed, contribute to your health, and bring your pleasure, remain perennially tense, tight, and clamped shut.

So many women have been sexually wounded and abused that at last awareness is growing of the dire repercussions to one's sex life. Consequently, you'll find an ever deeper discussion of resistance and armoring in the Yoni Healing Chapter of [Tantric G-Spot Orgasm & Female Ejaculation](#).

The good news is that we're going to show you how to heal these internal tensions, awaken your complete pelvic region, and derive great pleasure through your rectum in a clean way. You're going to learn a whole new world of sensual massage.

EXERCISE: Taboo Discussion Questions

Answer these questions by writing about them in your journal or discussing them with your lover...

- How do you feel about your body? All parts of it?
- How tight do you feel your rosetta normally is?
- What are biggest fears and resistance to anal play?

3.3 Rosetta Relaxation Section

The State Of The Rosetta Address

Releasing taboos and opening to male Sacred Gate penetration raises the very pertinent issue of being a tight ass. You can't enjoy your G-Spot if you involuntarily fight it. If your anus is locked, bolted, and shut tight, it won't be relaxed enough to let pleasure in.

Relaxation is a vital prerequisite of streaming Kundalini energy. Orgasmic Breathing won't help you intensify your Sacred Gate passion much if all you're shutters are sealed tight like a mountain cabin waiting out a hundred-year blizzard.

Because of the taboos about your rear orifice, few of us have much awareness of what's going on back there. Did you know that common energies like life tension, work stress, and relationship conflict get stored in rosetta?

You see, your rosetta is highly accurate barometer of your comfort level in general.

Because you can't enjoy something you can't easily feel, Sacred Gate pleasure starts by raising your consciousness about rosetta's state of relaxation. In keeping with our Tantric approach, that means slowly and gradually.

Let Rosetta Relaxation Come To You Naturally

There has never been a better time than now to begin tuning in to where your rosetta normally lies on the relaxed-shut tight scale. How does it feel right now?

Once you can feel it, releasing tension and relaxing the muscles comes naturally.

The process of rosetta relaxation is simply based on observation, feeling what you're feeling now and not doing anything about it. Eastern spiritual pursuits like Tantra call this witnessing or being mindful. Noticing what's going on without taking action. Fortunately, paying attention is free and therapeutic.

By witnessing, you shine the light of your consciousness on tissues that are armored. Your consciousness floods whatever it shines on with energy. Awakening occurs naturally as your energy infuses taboo places that have been ignored for so long.

Your next assignment is to add rosetta witnessing to your daily regimen.

PRACTICE: Rosetta Relaxation

Purpose

To begin developing awareness of the comfort level of your rosetta so it can learn to stay relaxed.

Comments

You can't force rosetta to relax. You understand forced relaxation is an oxymoron right? So the process we're going to guide you through is a gradual transformation, not a lightning quick fix.

1. WITNESS

Focus your attention on rosetta for a moment or two. Can you feel anything? Is rosetta tight, relaxed, or numb?

2. BREATHE

Wherever you are, sit or stand comfortably. Breathe normally. Let the healing power of your breath infuse rosetta, pulling in life-giving energy and washing out stress and tension.

3. FEELINGS

As you tune in to rosetta, are any emotions or feelings restimulated? It's OK whether they are or not. Just let the presence or absence of emotional energy be the way it is.

4. CAN'T FEEL

If you can't feel anything down there — you're not aware of any sensation or feeling — don't worry about it. Just let rosetta be. But keep doing this practice. Simply do your best to notice that area of your body. Eventually your awareness of your anus will increase.

5. ROUTINE

Witness the state of rosetta several times each day. Like you did with PC pumps, find some things you do regularly that will remind you to do this practice. Like sitting down, standing up, sipping coffee, looking out the window, etc.

6. CHECKPOINT

Every week or two, just sit for a few minutes noticing your comfort level. Witness rosetta's state of relaxation. Is it any different than the last time you checked in? More relaxed, less, different?

Afterthoughts

As you move into the practices in the coming chapters, maintain this quality of rosetta awareness. You may find your comfort and consciousness of rosetta changing, sometimes tightening in response to new challenges, sometimes reaching new levels of relaxation. As much as you can without judging or analyzing, just watch the ups and downs along with the ins and outs.

3.4 Awakening Section

Spiritual Lessons Of Penetration

Yes, Tantric Male Multiple G-Spot Orgasm is about male Sacred Gate massage, not anal intercourse. You can learn to create a whole range of new sensations, implosive orgasms, and streaming ecstasy with inserted fingers and toys.

Many gay men can attest to the pleasure of a prostate stimulated by a thrusting vajra. Male anatomy usually requires rear entry to accomplish this, as you may have already learned in the Kama Sutra Sex Positions Chapter in [Tantric G-Spot Orgasm & Female Ejaculation](#). This is because rear entry more likely targets the front wall where the male, like the female, G-Spot lies. Though this is beyond the scope of this ebook, there is a major lesson here.

To enjoy Sacred Gate pleasure, a man has to relax, open himself fully, and receive. This is completely contrary to his cultural programming. He's conditioned to being the performer, the leader, the decisive agent, the doer. And his ass is shut tight.

We find it tremendously freeing when a man first shares such a secret special place like this. For those brave men willing to admit it, it feels scary, risky, and threatening. He, for the first time, is being penetrated much like a woman. He can't be in charge. He has to trust, surrender, and make himself totally vulnerable.

Those who do find they are open to an entirely new level of intimacy with their beloved.

Regardless of what happens, a man can't walk away from this healing without great empathy for what women experience during sexual penetration. This newfound equality can cause a quantum leap in relationship, harmony, and connection.

In Tantric terms, this is a pivotal step in a man's spiritual development. Learning to welcome penetration helps awaken his inner Shakti, the dormant female energy inside, so that it can merge with his dominant male forces. This merger of male-female energies brings us closer to our true native state.

Nothing Compares With Tantric Orgasm

Of course, nothing compares to using subtle sexual energy to reach Tantric Orgasm. If you missed it, let us remind you that Tantric Orgasm is an experience of prolonged peak pleasure in which your whole body vibrates with wave after wave of intense ardor. You shake all over, engulfed in surge after surge of pure liquid fire, that can go on for minutes, even hours.

All by itself, Tantric Orgasm is already a multiple affair, but certainly is easier to repeat than those wet climaxes that sap most guys of their ability to get it up and go again.

We think many lovers crave stronger and stronger physical stimulation in an attempt to create this kind of non-stop ecstasy externally. With simple step-by-step practices, this ebook shows how to create sensational highs with the slightest arousal. That's why

we call Tantric S.E.X. Subtle Energy eXchange.

Tantric lovers use any and all kinds of sexual play to begin detonating Tantric Orgasm. Imagine having your most powerful triggers creatively loved while you're in the throes of Tantric Orgasm. It's an altered state we call the O-Zone, beyond excitement, beyond orgasm, and beyond multiple orgasm. Where time stops, boundaries with your beloved disappear, you merge with the entire universe, and float there endlessly never wanting the Supreme Bliss to end.

The secret of Tantric Orgasm is to spread the powerful sensations from your jewels and Sacred Gate throughout your body. Then the energy implodes, massaging your mind, body, and spirit instead of being released by explosive orgasm.

OK, that's the end of our sales pitch to read our other ebooks. At least for now. Regardless, you'll learn lots about the pathway to the O-Zone in this volume if you practice.

Ready To Submit To A Delightful Massage?

We're going to assume that you've continued to this point because you're intrigued, or at least not completely turned off, about anal play and male Sacred Gate massage.

Really, the concept is no different than all the other ways of sensuously exciting your beloved's spiritual temple (the human body) that we've covered previously. We need to warn you that we prefer to use Tantric terms Shiva (Tantric for the God in every man) and Shakti (Tantric for the Goddess in every woman).

For male Sacred Gate massage, Shakti uses Tantric Touch to awaken Shiva's nerve pathways and energy channels while he does Orgasmic Breathing to fly higher and higher. It's just that here Shakti's massage dances behind Shiva's vajra and devamani (testicles) and that exciting taboo place we call rosetta.

With the high sensitivity from the density of nerve endings back there, it's easy to create Supreme Bliss by simply caressing a relaxed rosetta. When you use the Sacred Gate massage strokes to the man's G-Spot inside rosetta, heaven is just a hop, skip, and stroke away.

Assuming, of course, you're not completely grossed out, locked tight as a bank vault at night, and armored against all intruders.

If you are, your massage regimen, as detailed below, will begin with healing, just as we did for Shakti in her ebook. To experience ecstasy, armored Shivas first need to eliminate all the tension stored around their back doors.

EXERCISE: Awakening Discussion Questions

Consider these questions. Write about them in your journal or discussing them with your lover...

- How relaxed are you during sexual play?
- What has been your greatest pleasure from anal play?
- How do feel about being penetrated to share a woman's experience?

3.5 Benefits Section

Is Letting Somebody In Back There Worth It?

Is it worth it? You betcha.

Shortly we'll tell you about an actual client's story. We call him Steve to protect his privacy. For now, guys, we want to direct your attention to something other than one of the most vital elements of male self-esteem, your level of confidence in being able to satisfy a woman. What could be more important than that?

We're talking about your ability to satisfy yourself.

Which is why we introduced you to the energy pathway that leads to a series of extended Tantric Orgasms that can send you forthwith right into the O-Zone. Your Sacred Gate can be the orgasmic trigger to an altered state so mind-blowing, so fantastic that when you get there you may curse yourself for waiting so long.

To start on that path of opening followed by indescribable ecstasy, a little information is vital. You probably want answers to questions about anal play and male Sacred Gate stimulation like...

- Is it good for me emotionally and spiritually?
- Is it healthy or does it spread disease?
- Is this a proven method or simply a kinky new fad?
- Is it something straight heterosexuals like me do?
- Is it dirty or can I do it in a clean way?

Once we put these questions to rest, we're confident you'll agree the benefits far outweigh the risks. Then we can dive into anatomy and technique.

Let's start by reviewing the history, benefits, and objections some men have to male G-Spot work. Oops, we mean play.

The Long Dark History Of Your Asshole

We recognize that the rectum is not the most polite subject for cocktail party banter or mature dinner conversation. Yet, prostate massage has been an essential part of Tantric practice for thousands of years.

Early in the 20th century, it was common practice for wives to use a steel device to manually massage their husband's prostate during lovemaking. Wonder what they called that little wonder?

Alfred Kinsey, the groundbreaking sex researcher during the 1950s, stated that the anal area had erotic significance for about half the population. A recent Playboy survey of 100,000 readers confirmed this. They found that 47% of men and 61% of women admitted to trying anal intercourse. Imagine that half your friends are doing it and not talking about it!

During World War 2, military medics gave prostate massages to soldiers suffering

from “pelvic congestion.” We guess that’s what they called the back-up resulting from non-self-pleasers who hadn’t had sex for months.

Of course, the French are well known for their appreciation of the finer things in life. They even have a word for stimulating the rosetta during sex, postillionage.

In spite of the long-standing taboo against anal eroticism, we believe that many lovers, not just gay and bisexual men, enjoy anal penetration and are experimenting with anal sex.

If you’re not yet one of us, buddy, come on, hop on board!

What Do You Get Out Of Going In?

Before male Sacred Gate play becomes delightful, men need to relax, release resistance, and heal their armored tissues through Pelvic Healing. These are enough reasons to experiment. To add more, we’ve compiled a good list of the benefits of anal play and G-Spot massage. Hopefully we can convince your head that it’s worth getting into. We mean trying out.

Health

What you’ll learn here will undoubtedly improve your prostate health.

Today men are increasingly concerned about the health of their prostate. Modern medical evidence suggests that lack of blood and oxygen flow to this vital little gland makes it susceptible to infection, enlargement, and cancer. Couple this with recent research that suggests that men who are sexually active have fewer prostate problems and you have a strong argument for regular anal play.

When the pelvis is armored, it’s cut off from its natural sources of nourishment: blood flow, oxygen, and nervous impulses. Massage can help overcome this by increasing circulation, improving muscle tone and mobility, and releasing toxins.

Some believe it even helps prevent prostate cancer.

Healing

All tissues of the body are naturally warm, pliant, and sensitive. This applies especially to your jewels, prostate included. As a result of past trauma, repressed emotions, and stored tension, armoring hardens these tissues, making them less alive.

Once Shiva gets past his taboos enough to experiment, armoring melts away. G-Spot massage can release these negative energies and heal the wounding we all carry around with us. Men can learn to relax, become more receptive, and drop the pressure to perform that is a continuing source of anxiety.

Below you’ll hear about great breakthroughs that Pelvic Healing can offer to men.

Sexual

Some simply find it psychologically thrilling to do something so naughty as rear entry. Since Tantra honors any source of sexual pleasure, we encourage anyone to act

consciously in forbidden ways when they're so moved.

When armoring is released, a man discovers heightened physical sensitivity and delicious new sensations inside. Suddenly he can move, undulate, and vibrate more easily from sexual excitement.

His inner flute, the invisible channel that connects his chakra energy centers, opens, allowing sexual energy to move up more freely. He can access the seat of his Kundalini, his true sexual center.

Even men who have trouble maintaining an erection have reported the ability to experience orgasm as a result of Pelvic Healing.

Multiple Orgasm

With the prostate and surrounding tissues hardened, it's difficult for a man to experience orgasm without ejaculation and the ecstasy of multiple full-body climax.

Once healed, a man's rosetta is open to pleasurable play, and the orgasmic consequences can be amazing. Extended slow massaging of the G-Spot, especially from the inside, can stimulate the sensations of contraction such as those you have during ejaculation.

Just as women report a different kind of orgasm from Sacred Gate stimulation, so can men experience implosion and ongoing streams of pleasure this way. These climaxes are longer, more intense, and with more powerful contractions. Rhythmic pulsing like this helps Shiva stay on the verge for minutes.

Also, men who have difficulty coming to orgasm can do so more easily after Pelvic Healing through prostate massage.

Ejaculation Mastery

Male orgasm begins with the involuntary spasm of the muscles around the prostate. When these armored tissues are healed, Shiva can overcome the common tendency to tighten his pelvic muscles, contract his anal sphincter, and accelerate his thrusting as orgasm approaches.

Then it's much easier to learn how to keep these tissues relaxed, prolong arousal, and make love for as long as he wants, even hours. By conserving his ejaculation, Shiva can pump sexual Kundalini energy back inside, fill his pleasure balloon more and more, and reach higher and higher ecstasy.

Avoiding quick explosion is only the beginning of developing complete orgasm mastery. Through training and practice with imploding, a man can learn to experience orgasm without ejaculation. Yes, these are different experiences. The next step, multiple orgasm, follows easily and naturally. From there, it's a short trip to extended Tantric energy orgasm and the ecstatic O-Zone, the lofty plane of continuous peak pleasure and Supreme Bliss.

Opening to anal play and prostate healing is the doorway to incredible sexual

stamina. It's easy to learn with some fun practice. For the complete program, get your copy of Somraj's best-selling ebook [Ultimate Ejaculation Mastery](#).

EXERCISE: Benefits Discussion Questions

Finish these statements by writing about them in your journal or discussing them with your lover...

- I desire to learn more about anal play because...
- I'm interested in these benefits from anal play...
- I believe my armored pelvis affects me in this way...

3.6 Myths & Objections Section

Myths & Objections

Before we go inside, we want to help you rest a little easier about the whole prospect by addressing some of the common myths about anal play. Hopefully, we can overcome some of the natural objections you may be experiencing.

Anal Play is Painful

It's the old story of agony versus ecstasy. The good news is that the rosetta has a dense concentration of nerve endings that makes immense pleasure possible, for some people the best ever. The bad news is that this makes your back door highly sensitive to abuse which can be uncomfortable, stressful, and highly painful.

If you're not a seasoned anal player, first entry typically causes an initial sphincter spasm. Our natural tendency to clamp down is simply nature's method of fighting off invasion in such a delicate place.

No, fighting your instinctive self-protection mechanisms isn't your route to supreme anal pleasure. If you really wanted to, with enough pressure you could force through the clenched doorway into the rectum and make the spasm subside. The initial pain would disappear on the surface only because you've made the tissue numb out. This creates further armoring and prevents future appreciation of pleasure.

If earlier visitors forced their way in, we bet it was really uncomfortable. And left its imprint on these delicate tissues.

Just recognize you've been victimized and that there's a better way.

How Can You Overcome Anal Spasm?

Experienced anal players wait for the muscles to relax of their own accord.

Once you're properly relaxed, awakened, and welcoming it, you can maximize the ecstasy and virtually eliminate the agony. Which is why you're reading this ebook, right? Even anal intercourse need not be uncomfortable or painful with willingness, know-how, and adequate preparation.

Our first three recommendations for preventing uncomfortable anal play are lube, lube, lube. We're talking about gobs and gobs of water-based personal lubricant. KY, Astroglide, Wet, Probe, etc. The list goes on and on. Just check out any adult products website, catalog, or store. If you write, call, or even walk in, chances are high that you won't be snickered at, you'll receive experienced advice from someone who's been visited back there before.

Then, of course, there's the obvious advice about making sure the fingers that approach your rosetta have short smooth nails without any jagged edges. If you less-than-smooth fingers without calluses want to visit, you'll probably want to use powder-free latex gloves. Unless, of course, you can't wait to begin experimenting in the shower.

If you have irrational objections or memories preventing you from experimenting, believe us, your armoring is talking loud and clear. You really need slow, gentle, caring Pelvic Healing. No reason to carry all that pain and tension around with you, don't you agree?

Chronic Discomfort

How comfortable are your bowels?

Some people resist anal play because they live with constant discomfort and pressure in their lower GI tract. Chronic constipation will do this.

If this applies to you, change your diet. Eat more fresh fruits and vegetables and unprocessed grains. Drink more water. Somraj takes some natural herbs daily which keep him regular.

Hemorrhoids can make anal play downright painful. We believe that this is solid evidence that you're armored, but that doesn't help much when any entry is excruciating. Nutritional authorities have tried to convince us that hemorrhoids are the result of toxins in the liver and how your body responds to stress. If they're right, learning to meditate and doing a liver cleanse should help. Otherwise, wait until the swelling disappears before experimenting with anal play.

There is a medical myth floating around that anal play is dangerous. This just isn't true if you learn to stay clean, avoid pain, and don't experiment under the influence of drugs.

It's also possible that you have...

- BPH, benign prostatic hyperplasia which is a non-cancerous enlargement of the prostate which affects easy urination,
- Prostatitis, an inflammation easily treated by antibiotics, or
- Rectal or prostate cancer.

We hope not. But if chronic discomfort is keeping you from Pelvic Healing, we urge you to consult a doctor before any of the practices in this ebook.

Fear Of Making A Mess During Anal Play

We understand that fear of making a mess during anal play can be embarrassing. Why not try your first experiments in the shower where the evidence will be quickly washed away?

Knowing several facts may help. First, when you apply pressure to the G-Spot, it may feel as if you have to pee. That's because the prostate is at the base of the bladder wrapped around the urethra, the tube that conducts urine out of the body. So pressure on the Sacred Gate feels amazingly like the pressure exerted by a full bladder. If you take a few deep breaths, it passes quickly. Of course, you'll empty your bladder before you start, right? Then you'll have greater confidence to wait out the sense of urgency.

Second, the rectum rarely contains any fecal matter except just before a bowel movement. There may be a few remnants from last time. If you want to be extra sure, buy an anal douche kit, and clean yourself out over the toilet first. You can get one confidentially through the mail by ordering [here](#).

Just like the front end (bladder pressure), the sensation of prostate pressure may make you feel as if you're rectum is full and you've got to empty it.

With practice, you'll learn to distinguish between the false indication that you need to empty your bowels or bladder and the real thing. When get used to it, you can learn to feel the pleasurable sensations without automatically believing that evacuation is imminent.



Be sure you play on lots of towels for that extra layer of confidence. Even better, we've discovered some great bed protectors called Luv Linens you can see and order [here](#).

And there's nothing wrong with a little break to go to the bathroom to see if these new sensations are playing tricks on you.

Does Liking It Make Me Weird?

Does enjoying anal play make you weird? No, we don't believe that's true at all.

Sure, some people will think so. Of course, some people think sex is bad. Some think television is bad. Some think eating hamburger is bad. What do you think? That's all that really counts in the final analysis.

Is liking anal play normal? Remember the statistics earlier. Over half the population has tried anal intercourse. So join the adventuresome half and decide for yourself.

If you decide you like it, but not enough to go public, then just don't tell them. The pleasure may be well worth keeping the secret from the world. The same one that so

many of them are keeping from you.

In spite of all the media attention about the sexual revolution, our society is predominantly uneducated, repressed, and unconscious regarding sexuality. This social conditioning creates imposed values that don't serve your well-being.

In large measure, this is how Tantra can help you change your life. Tantra teaches us to confront what we resist and release the energy stored in these fears and wounds. And go about our business with maximum pleasure without regard to the uptight moral minority.

Anal Play Is Dirty

Anal play doesn't have to be dirty. We do it regularly and rarely contact anything we'd rather not. We take a shower right before, maybe do an anal douche with a couple cups of water, and often use gloves. Even when we don't, handiwipes and a quick hand wash keep us clean and fresh.

So what's the big deal?

We'll tell you. It's in your mind. If your mind is full of dirty thoughts, you sure won't experience much pleasure. But then that applies to sex in general, doesn't it? And food, and sports, and, well, life in general.

We recommend letting go of your programming, reframing your beliefs, and releasing your armoring. A great way to begin is by reading the classic work on the subject, Jack Morin's [Anal Pleasure & Health: A Guide for Men and Women](#). You can get your copy by clicking [here](#).

Tantric LovePlay isn't about getting so swept away losing control that your inhibitions are overpowered. It's about consciously choosing pleasure and acting to create more and more. So we believe that anal play is a great training ground for the ritual behavior of Tantric Sex.

Now, it is true that some fairly strong bacteria live in harmony with the inside of your GI system. As long as they stay there, they remain happy and so will you.

To keep them where they belong (inside), here are the hygiene precautions we always use to stay conscious during anal play...

- We use talc-free latex gloves or finger cots readily available at local drug stores. (You still call them the chemist's shop in the UK?)
- We use water-based lubricant which doesn't degrade the latex.
- We always keep towels, handiwipes, hand sanitizer, and a garbage bag nearby.
- We never expose an open cut or sore to anal play.
- We never switch a finger, toy, or vajra from rosetta to yoni (vagina) or anywhere else for that matter without thorough washing with soap and water and

disinfecting.

- We remove a glove by pulling it off by pinching a clean spot at the wrist end, not the fingers. This automatically rolls the outside in so we can discard it without contaminating anything else.
- As an added precaution, we disinfect our hands afterwards with alcohol, wash with warm soapy water, or use a hand sanitizer.
- We take another shower before any other activities.

By the way, we don't recommend rimming, oral play around the rosetta, without a latex barrier.

You'll Catch An STD

STDs, sexually transmitted diseases, are no myth. The precautions above prevent their spread. As does the conscious communication we explained earlier in [Chapter 2](#) about Tantric Sexuality.

We know many lovers who have been highly sexually active for years without catching anything. This is a testament that consciousness and precautions do work.

Just to be extra safe, let us remind you of the vital facts...

- STDs can be transmitted through rectal tissues.
- Bacteria, virus, and other parasites can pass from the receiver's rectum to the giver via the mouth, nose, yoni, or a skin cut.
- The HIV virus which causes AIDS can pass from blood or semen into the bloodstream of the receiver through tiny openings in rectal tissue.

So we always use gloves for manual penetration, a latex barrier for rimming, and a condom during anal intercourse.

Homosexuality

Being gay is not an infection, an irresistible force that overpowers your will, a sleeping monster lurking deep within the dark recesses of your asshole. It's just a choice that gives some men greater pleasure as a way of life.

If you enjoy anal play, it doesn't mean you have latent homosexual tendencies. As we've shown, it's common with adventuresome heterosexuals. Heterosexual men become more sexual and more ecstatic by freeing their natural instincts,

If you're afraid that people will label you gay if they knew you enjoyed anal play, well, don't tell them!

Are you afraid that you'll lose your manhood by playing the woman's role when you're penetrated by a finger? Actually, many women love vulnerability. This amazing experience can make you such a highly sensitive lover that you'll be every woman's dream.

Are you afraid that you may like it so much that you will want to move in that direction? Look, if down deep you really are gay or bisexual, don't you think it's time to find out who you really are?

In essence, that's what the Tantric spiritual path is all about: finding out who you really are. If you admit that you're gay or bisexual or heterosexual or militantly monogamous, know that you'll be loved in conscious circles by having the courage to face your true nature.

Remember, fears like these are stored in your tissues creating impenetrable armoring. If there are strong emotions inside, that's all the more reason to engage in Pelvic Healing and let them go once and for all.

Now we don't want to get off on a rant here (thanks to Dennis Miller for the cue), but we think all this anxiety about labels like gay and bisexual are foolish. Tantric students adopt and practice pleasure as a spiritual discipline. Let's forget what it's called and spontaneously enjoy whatever makes us feel good in the moment. And if that changes, being labeled shouldn't hold us back from completely redefining ourselves.

Just be who you want to be, all of it, OK? If the motto works for the US Army, why not Tantra?

Thanks, we feel better getting that off our collective chests. We hope you do, too.

EXERCISE: Objections Discussion Questions

Finish these statements by writing about them in your journal or discussing them with your lover...

- I was worried about these objections...
- I've accepted these explanations about those objections...
- This is what I plan to do about any remaining concerns....
- Here's what I've decided about whether the benefits outweigh the challenges....

3.7 Closing

Since you already bought this ebook, maybe you didn't need our survey of the pros and cons of anal play. It's the Tantra way to confront everything head on.

From here on out, don't expect us to pull any punches. We're assuming you're in for the long haul, committed to going for it.

That doesn't mean we're going to suggest you dive through your rosetta like an open-field football tackle or rugby scrum. We're reminded of a fun play session with a friend new to Tantric sexuality. Though he'd had little experience, he really wanted to awaken his Sacred Gate. Somewhere he got the idea that he had to push harder to loosen himself up.

No, force is not the way in. This is a Tantric journey you've signed up for. We're going to explore gradually, relax comfortably, and open in stages. Remember, it's supposed to produce immense pleasure every step of the way, not just afterwards.

So leave your fears behind, men. It's time to discover your Sacred Gate.

Chapter 4: Sacred Gate Discovery

“Listen to your body...listen to your mind...Don’t avoid...go into those needs, explore those needs with loving care.”

— OSHO from Tantric Transformation

4.1 Purposes

The purposes of this chapter are to...

- Become intimately familiar with your own jewel (genital) anatomy.
- Learn to find and stimulate your prostate from the outside.
- Increase your awareness of the ejaculation process.
- Discover your prostate from the inside.
- Experiment with solo and partner Sacred Gate massage positions.

4.2 Perineum Section

Getting To Know The Landscape

To master the male G-Spot, it helps to be familiar with its entire territory. So before we get into the ins and outs of massage, we better explain male sexual anatomy. How can you become an expert if you don’t know all the parts? Then we’ll give you some fun hands-on practices so you can discover these truths about your own body.

Let’s start with the main object of our affection, the prostate gland. Here we’ll summarize what you’ve read before all in one place and go into greater depth so you get the full story.

The figure on the next page shows our cross-section of your lower innards, all that counts to us sexual types anyway.

Prostate Anatomy: Your Real Nut

The *prostate gland* is egg-shaped or round, the shape and size of a chestnut or walnut. It’s half glandular and half muscular which makes its fibrous mass feel much harder than rest of the surrounding tissue. If you want to be extremely precise, in reality it’s a group of small glands collected in a ring-shaped organ of strong sheathing about one inch (2.5 cm) long.

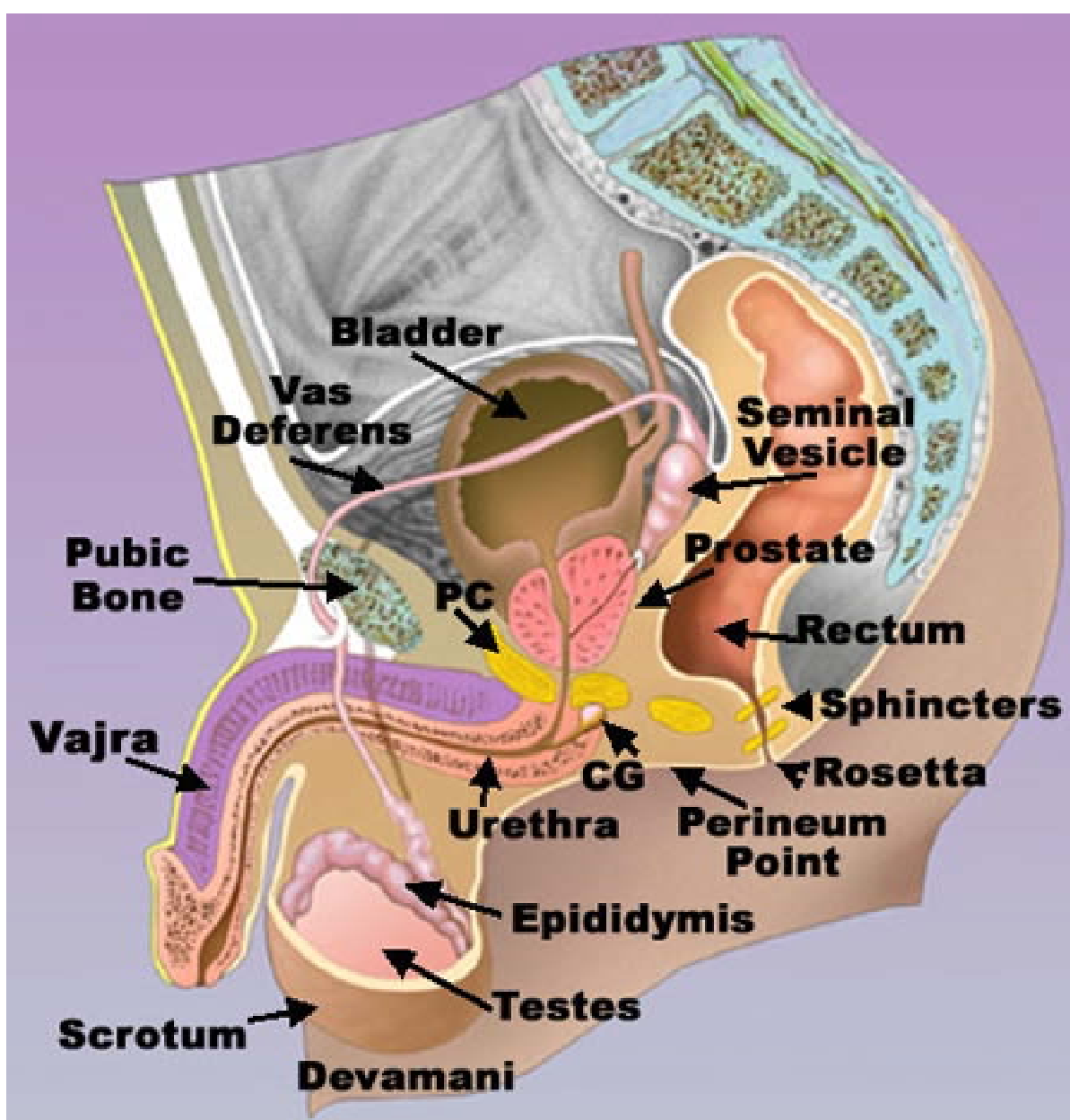
The prostate is both gland and muscle...

- It’s a gland because it swells with fluid during sexual excitation, and
- It’s a muscle because it pumps and propels the fluid out with force to mix with the other components of semen.

Despite the differences in men's height, weight and other physical characteristics, the location of the prostate gland is the same in approximately 98% of all men. It lies in the upper pelvic region nestled behind the pubic bone right under the bladder and in front of the rectum, the lower end of the colon at the end of the large intestine. Sitting at the base of the bladder that collects urine from the kidneys, the prostate surrounds the *urethra*, the tube that conducts urine out through *vajra*.

Because the prostate gland is the firmest thing in the neighborhood, you can feel it 2 to 3 inches (5 to 7 cm) inside rosetta on the front (anterior) wall of the rectum. Well, that is, if you put your finger inside.

The prostate contains some of tiniest blood vessels in the human body plus a nerve



plexus that contributes to its role as a man's sexual emotional center. This at least partially explains its high sensitivity and potential as a powerful orgasmic trigger and why we call it the male G-Spot.

The main biological function of the prostate is reproduction. During ejaculation, *semen*, the fluid that carries sperm to the eggs in the woman's uterus, passes through the prostate through the two *spermatic ducts*, or *vas deferens*.

The prostate secretes *prostatic fluid*, a colorless, odorless, slightly milky and salty, semi-viscous liquid that is a major component of semen. Prostatic fluid often tastes sweet because it contains sugar as a nutrient for sperm. It also transports hormones that make fertilization more likely in the uterus.

Perineum Point: A Window Inside

Earlier we claimed that you can massage the prostate, the male G-Spot, from the outside. Here we'll explain how to find the Perineum Point and massage it.

The *perineum* is the area midway between the jewels and rosetta at the base of the pelvic floor. For guys, this obviously means between your *scrotum*, the sac that holds your *devamani* or *testicles*, technically known as *testes*, and your rosetta, or anus.

If you press upwards and inward on the perineum when vajra is soft, you'll feel bone close to your scrotum and a soft spongy area closer to rosetta. That's your perineum. As well, vajra's root or bulb is inside there. You can prove all this to yourself if you explore when you have an erection.

The soft fleshy spot where you can dig in real deep, we call the Perineum Point. If you press in hard, you can probably massage your prostate from the outside at the point.

Since Somraj's vajra bulb when erect extends very near his rosetta, his Perineum Point is closer to his rosetta. As always, experiment since your mileage may vary.

Perineum Massage: How To Hit The Spot

Use of the Perineum Point has been around for millennia in ancient Tantric and Chinese sexual references. They report that pressing or stimulating this external prostate spot can delay or even interrupt ejaculation, especially when long firm pressure is accompanied by the slow deep exhalation of Tantric Breathing.



We believe it's the emptying of the swollen gland that prevents a wet male orgasm.

To massage your G-Spot from the outside, push the tip of one or two fingers firmly into your Perineum Point. When you hit the right spot it should feel good, especially if you try this while self-pleasuring vajra.

External G-Spot massage can create a sense of urgency as if you have to pee. Remember why? That's because your prostate is wrapped around the neck of your bladder. You may also find this kind of pressure makes vajra swell, strengthening your erection. Nice side benefit, huh?

Try one long firm push or a series of rhythmic pushes to see what feels best. Many guys find the pulsing rhythm quite pleasurable because it imitates the prostate's pumping action during ejaculation.

You think that's why some men really like a strong vibrator on their Perineum Point?

By the way, if you discover small amounts of prostatic fluid seeping out the end of vajra during external or internal G-Spot play, don't worry. A little *pre-cum* is common and normal. (If the fluid is colored, dribbles in great volume, or leaks without prostate stimulation, you should see a doctor to check it out.)



PRACTICE: Perineum Point Self-Discovery

Comments

Have you been exploring your perineum while reading the above? If so, good for you. Tantra is a hands-on science. If not, give it a try.

Purpose

To discover your Perineum Point by yourself.

1. SETTING

First, create a Sacred Space, honor yourself with a Heart Salutation, and consider the Partnering Questions.

2. SIT

Sit in a chair with your legs on a table or lay on your back with your legs in the air. You took your shorts off first, right? You may want to use a hand mirror to look more closely at what you're doing.

3. EXPLORE

Press on your perineum and explore. Use different fingers and whatever knuckles can reach. Try varying the pressure and rhythm. If you have a vibrator, try that too. Most men have a unique sensation when applying pressure to their G-Spot.

4. FEEL IT

Do you feel the soft spongy spot? What do you feel when pressing? What actions feel best?

5. ADVANCED TEST

Ready for the advanced test? Try the above while self-pleasuring.

If you haven't read our newsletters, Special Report, and other ebooks about Tantra's adoration of pleasure as a spiritual pursuit, this might come as a bit of a shock.

Yes, we're encouraging you to play with yourself. Look, most everyone does it because it feels so good. Tantra celebrates anything that floats your cork. At last, your teachers have assigned it for homework. Oh, sorry, we call it homeplay.

6. PLEASURE

Experiment to see what feels best and then do more of it. Try different fingers, pressures, and strokes to discover new and interesting sensations. See how long you can stretch out your pleasure.

7. QUESTIONS

- How does Perineum Point massage feel while stroking vajra?
- How do the various methods affect your erection?
- Does pressure on your G-Spot enhance your pleasure?

Perineum Point Partner Discovery

If you have an interested partner, it's a great idea to try out the same Perineum Point Discovery Practice together. Often, another person can apply better massage strokes and stronger pressure for longer times than you can yourself. Also, because you can relax completely when receiving, partner massage will probably feel much better.

Giver, here are some strokes you can use to work this area...

- Use your thumb, first finger, middle finger, fingerpads, or a combination.
- Make a fist and press with your knuckles.
- Tap with 3 fingertips simulating a vibrator.
- Vibrate with the pads on the front of your fingers or the flat of the back of fingers around the knuckles.
- Use one hand to vibrate as above while holding the sacrum or the belly with the other.
- You can also use a mechanical vibrator if you choose. Just be careful since it can unexpectedly put him past the point of no return before he's ready to ejaculate.

Press softly at first and then as hard as the receiver likes, relaxing the muscles and sending tremors deep within.

PRACTICE: Perineum Point Partner Discovery

Purpose

To show your lover how to discover your Perineum Point and use it to add to your pleasure.

Comments

Ask your lover to read the previous exercise and then go through it with you. Be sure to point out what you learned about your Perineum Point on your own. Enjoy together!

4.3 Ejaculation Section

A Penis By Any Other Name

Did you get an owner's manual when you were issued with your jewels? Guess not. Let's trace your sexual geography from one end to the other to make sure you know how to operate all your equipment.

We know you've already discovered your *vajra*, our Tantric term for penis that literally means "divine thunderbolt" in Sanskrit. You might have heard another popular Hindu term, *lingam*, which means "wand of light." Either way, a pleasure stick is a great tool to have hanging around.

We're going out on a long thick limb here by guessing that you know *vajra* swells when excited, right?

In spite of his slang names boner and woody, there are no bones or tree trunks inside *vajra*. He contains spongy erectile tissue that gets hard when blood flows in, fills up, and stays put. That's where erections or hard-ons come from. Thank Goddess for small, we mean, big favors.

Sometimes the excitement that causes the blood to invade your expandable member comes from what you see, what you think, or what you feel from a hand, wet yoni, or if you should be so lucky, from a mouth. It's important to realize that excitement makes the blood surge into *vajra*, but if it doesn't stay, the old cowboy line "reach for the sky" doesn't happen.



No Need For Woods In My Golf Bag, I Carry Viagra

By the way, that's how Viagra and its new cousin, Levitra, work — by closing the blood vessels that drain the sponges inside *vajra*. If you've ever tried it, you know it doesn't work without excitement that gets the expansion to start.

If your erections are like most guys', sometimes they're up and sometimes not. The belief that a real man is always hard is a foolish modern-day myth that gets less real the older we get. Aside from just plain age, there are about a dozen reasons that can make *vajra* softer than we'd all like.

We offer a one-session TeleSeminar to explain the whole process and offer a host of healthy, natural, do-it-yourself solutions here...

<http://www.tantraattahoe.com/service/tantra-kama-sutra-telesem.htm>

Sometimes Viagra and the like aren't such a bad idea if you understand what's going

on with you mind, body, and sex. If you're interested, we encourage you to talk to a sex professional and your doctor or attend our Erection TeleSeminar. When you've decided, we're happy to connect you with our on-line Viagra and Levitra supplier who ships confidentially straight to you. Click [here](#) for details.

Vajra's Got Some Pretty Spiffy Neighbors

Did you ever hear the joke that uses another name for vajra, the one with the punch line "Big Jim and the twins?" The twins are ball-shaped, which is where they get their more popular slang name.

Big Jim's neighbors are officially called *testes* or *testicles*, two egg-shaped glands that ride in the sac made from folds of skin called the *scrotum*. The testes, you've already figured out, are where sperm cells are manufactured. They also secrete *testosterone*, the hormone that drives our sex lives.

All bow down to that holy juice!

Since we're being picky here, you might as well learn about the *epididymis*, the storage area for new sperm that's wrapped around the upper end of each testicle. The little swimmers grow and mature in these special bags until they're strong enough for travel and competition.

To get away from all the dirty jokes and unwanted connotations, we prefer the Sanskrit term *devamani* for Big Jim's twins.

Those Brave Little Swimmers

When the brave little sperm leave the *devamani*, specifically from the two epididymes, they do so via two firm muscular tubes that meet at the prostate. These spermatic ducts, called *vas* or *ductus deferens*, coil up and around the bladder.

If you're the happy recipient of a vasectomy like Somraj, these are the tubes that were cut. Of course, he was happier before the advent of AIDS when he could get by without using a condom. Though he hasn't worried about impregnation in a long time, we all remain very aware of protecting against STDs. (Oh, my, that probably gives away some big clues to his age.)

Two little sacs the size of small fingers, named *seminal vesicles*, are attached to the prostate. After they leave their original home, sperm collect here where they're nourished until called upon for duty. When a man ejaculates, these little sacs eject the sperm cells and the majority of the fluid contained in semen.

We've already mentioned the *urethra*, the tube that runs from the bladder through the prostate to the end of vajra. The urethra conveys both urine and semen, but fortunately not at same time. So that urine can't leave the bladder during ejaculation, the prostate gland closes off the upper end of the urethra while vajra is employed in more pleasurable pursuits.

But wait, there's more. The *Cowper's Glands* are just a bit downstream from the prostate. (They're labeled "CG" in the drawing.) Just before ejaculation, they emit a clear, colorless, thicker, alkaline liquid that neutralizes any acidic remains of urine in the

urethra. Got to keep those little swimmers as happy as possible until the very last moment.

If you've ever experienced some dripping from the end of vajra after lots of play without ejaculation, it's likely you've met Cowper's product already. Most lovers, especially those of us who love its taste, just call it pre-cum.

A Little Trip Down Ejaculation Row

Somraj's ebook [Ultimate Ejaculation Mastery](#) is the complete reference on understanding and mastering male ejaculatory orgasm. By doing its practices, you can learn to gauge your excitement on a ten-point scale, and clearly identify your point of no return. You know, that's the stage of arousal when there's nothing you can do while you slide over the cliff so you might as well let go and enjoy the ride.

To get your copy of Somraj's whole male Orgasm Mastery story, click [here](#).

Just to complete the story, we've reproduced his detailed description of ejaculation here. Did you know wet male orgasm is really a two-stage process? Emission and expulsion...

Emission Phase

Spasms of the smooth muscles around your prostate, seminal vesicles, and vas deferens automatically contract and empty their contents into the urethra. This forces the mixing of the fluids from the epididymes, seminal vesicles, and prostate that carry the sperm while the Cowper's Glands are expelling their secretion too.

Expulsion Phase

Rhythmic wavelike soft-muscle contractions in your pelvis propel the semen down your urethra and out the head of vajra where those little swimmers have a brief fight for survival and usually lose. These contractions of your pelvic muscles that cause the actual release of semen are also the main ones that cause the fantastic pleasure.

Well, that's the story, and we're sticking to it. (Sorry, bad joke.) Now you know more than you need to for understanding the front end of your plumbing.

We think chances are pretty high that every guy has some hands-on personal experience with ejaculation. But how many of you have really tuned in to these different processes inside and their unique sensations?

The point of the next exercise isn't just to make yourself come. It's to learn firsthand what's going on inside that's creating each of the feelings associated with wet male orgasm.

PRACTICE: Ejaculation Discovery

Comments

We hope you've enjoyed this fantastic voyage through your reproductive system as much as we have. Of course, this is all theory until you experience it all for yourself.

So we have another exciting homeplay assignment for you. Make yourself orgasm with a big wet spot. See how many of the different processes we've just described you can feel.

Inviting an audience and charging admission is optional.

Purpose

This practice will heighten your awareness of your ejaculation response: the point of no return, emission, and expulsion.

1. SETTING

First, create a Sacred Space, honor yourself with a Heart Salutation, and consider the Partnering Questions.

2. SELF-PLEASURE

Self-pleasure vajra slowly, feeling all your sensations fully.

3. POINT OF NO RETURN

As you reach the point of no return, stop all motion.

4. FOCUS ATTENTION

Relax by taking deep breaths and focus your attention on all parts of your body, especially your jewels.

5. FEEL EMISSION

As you begin ejaculating, feel the semen moving from your devamani (testicles) to the base of vajra with smooth muscle contractions (emission phase).

6. FEEL EXPULSION

Notice the delay between phases and then the involuntary squeezes of your pelvic muscles that cause the semen to squirt out (expulsion phase).

7. ENJOY

Now focus on what you learned and give thanks that you can experience such intense pleasure.

8. REPEAT AT WILL

You don't our permission to self-pleasure but you've got it anyway. Use self-pleasuring as a sexual meditation to raise your consciousness, enhance your sensitivity, and give yourself true love.

4.4 Rosetta Section

A Rose By Any Other Name

Now that we have our primary target in focus, let's take a stroll around the back of the neighborhood.

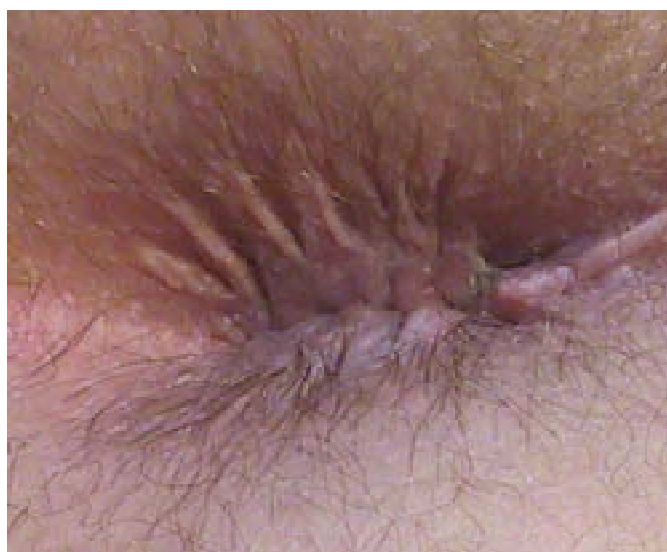
Because it's the best way to reach a man's Sacred Gate, we'll go into some depth (sorry, couldn't resist) about the anatomy of the rectum. If that's not one of your common everyday terms, let us explain that the rectum is the lower end of your food processing system. To be precise, the rectum is the last section of your GI or gastrointestinal tract, the bottom of your colon below your large intestine, that ends with your anus, that round contractible opening we've been talking so much about.

You know we have our own Tantric names for many body parts to reframe our thinking from clinical or dirty to pleasurable. Which is why we prefer to call the anus the rosetta. That's because, if you look straight at it, it resembles the circular arrangement of the petals of a rose radiating out from the center opening.

Rosetta, and the inner regions that you can reach from this point, have an important role to play in sexual pleasure for those liberated and healed souls. That's because this area of the body is one of most sensitive of erogenous zones, meaning capable of producing intense sensual pleasure.

Whether or not the grand architect in the sky planned it this way on purpose we don't know. We are sure, though, that the high density of nerve endings around your anus is a gift if you choose to accept it.

We believe playing with rosetta is so much fun because the nerves concentrated around the opening are served by the same nerve pathways as the closest sexual organ, namely Big Jim. Oh, sorry, we mean vajra.



Get Ready Men, We're Going In

Let's begin at rosetta and work our way in.

This is the anus, the opening at the end of the rectum that's actually a sphincter. A sphincter is a ring-like muscle that functions like a valve to keep a body passage closed until needed. Sphincters like rosetta are expandable to allow large substances to be evacuated. Yes, like when you have a bowel movement.

In spite of the round muscle's ability to stretch so far, it's lined with soft tissue. We can add "delicate" to our description of rosetta's sensitivity due to its high concentration of nerve endings.

Because the anal sphincter is easily controllable by the mind via the nervous system, you should be able to readily contract and relax it when you choose to (one of the advanced PC exercises we suggested). That is, of course, unless it's highly armored due to stored emotional baggage.

Stairway To Heaven

Rosetta serves as the gatekeeper to a short anal canal that's about half an inch long (1-2 cm). If you penetrate another quarter of an inch (1 cm), you discover another sphincter that's not so easily relaxed. This inner ring-like muscle is controlled by the autonomic nervous system, you know the involuntary one that governs routine bodily functions like heartbeat, digestion, and temperature regulation.

The good news is that you've got two doorways keeping your waste products where they belong until you want otherwise. The bad news is that the internal sphincter, operating below our level of awareness for the most part, responds to strong emotions like fear and anxiety.

Which means when you're armored down there, you're really closed tight. Yes, go ahead and use the term tight-ass. According to Jack Morin, author of the universally-accepted standard, [Anal Pleasure and Health: A Guide for Men and Women](#), by inserting a finger routinely and simply feeling...

***"anyone can gradually learn to control
the internal sphincter at will."***

But first you have to learn the Tantric entry through rosetta. Which requires finding a comfortable position to reach around back there.

Self-Massage Positions

Here we'll describe four positions you can put your body in to reach rosetta and ultimately your own G-Spot..

- On Your Back
- Leaning Back
- Kneelling
- Squatting

Comfort is essential, especially after your initial experiments when you're going for maximum pleasure. To take advantage of the Tantric approach to using your Sacred Gate to generate vast amounts of Kundalini energy, you need to minimize stress and strain.

Which position will work best for your unique physique? Since that's open to debate, don't waste much energy thinking or talking about it. Just try them all out in the upcoming practice.

It's easier to stay in some of these positions with back support. Though you can lean against pillows, we prefer to use [Liberator® Shapes](#) Bedroom Adventure Gear. These four different firm sex-support cushions — the Wedge, Ramp, Stage, and Cube — make new, comfortable positions possible.

Click [here](#) for lots more information and ordering about Liberator® Shapes plus dozens of photos of how to use them in various sex positions.

Now let's examine the four self-prostate massage positions with some of their pros and cons. You'll eventually discover, if it isn't immediately obvious, that what works for our anonymous friend in these pictures may not be comfortable for your body. Look forward to some fun experimenting to discover what your body likes the best.



On Your Back

You can probably touch your own rosetta while lying on your back with your legs spread. If you raise one or both of your knees with your foot or feet flat on the bed, you'll be able to reach more easily.



In this position, we find we can stay comfortable longer by propping our legs up on pillows underneath the crooks of our knees.



Though it's harder to maintain it for very long, the best access often comes with legs in the air or knees pressed up against the chest. You can reach your hand between your legs while holding one leg out of the way.



Leaning Back

For even easier access, especially if your arms aren't real long, try leaning against a bed's headboard, a Liberator® Shapes wedge, or other comfortable prop.

Take a lesson here from the Kama Sutra. One of the reasons you see so many pillows in Kama Sutra artwork is to provide support needed for lengthy play. Prop up your back, neck, and head if needed. Put throw pillows under the crook of your knees.

The other reason you see all those supports is they like to show the players jewels clearly in ancient erotic art. And modern porn, too, now that you mention it.

One benefit of leaning against a [Liberator® Shapes](#) wedge or pile of throw pillows is then you can arrange your Sacred Space in front of a mirror for self-pleasuring. If watching erotic scenes has any affect on you, watching yourself pleasure your special places can be a real boost.



Kneeling

Another workable position for some bodies is kneeling upright on your knees.

The best news is that kneeling gives you complete freedom to sway, gyrate, and dance as the spirit — and fingers — move you.

You'll get even easier access if you bending forward a little bit. Leaning over to rest on Liberator® Shapes cushions or the couch will be more comfortable for long practice sessions.



When self-pleasuring this way, you can easily turn your torso to reach down and around from the back. But because your palm will be facing back, you won't be able to curve your finger forward to massage your G-Spot this way.



Squatting

If you can comfortably squat long enough on your feet with knees bent, this position provides the most open access to your rosetta. By balancing on the balls of your feet with your legs wide, you're spreading your cheeks to the max in preparation for entry.

Long-time skiers like us and other aging athletes may find the legs unable to stay scrunched up like this for long. Too bad we didn't grow up in Bali. Instead of lounging on doorsteps, Balinese men hang around forever in clusters squatting on the balls of their feet.



Don't Be Convicted Of Forced Entry

You'll really only know what's best for you by trying the all out. So let's talk about how to enter rosetta Tantrically so you can experiment.

There's a Tantric way - the feminine Shakti approach - and a less-than-desirable way to explore rosetta. That second approach is by forcing your way inside. We advocate the former: gently, slowly, sensuously...

- Gently means that you don't push, you let rosetta get accustomed to a strange visitor moving opposite to what he's used to first.
- Slowly means taking your time and letting rosetta signal readiness, not letting the go-for-it male mind be in the driver's seat.
- Sensuously means feeling everything with all your senses and enjoying it.

The bottom line is this: if you hurt, you're creating pain that you don't need to. You're going too fast and pushing hard.

Since relaxation is your path and destination, start with sensuous massage. Explore the neighborhood without any urgent agenda. Feel your way, appreciating new playing fields that produce new sensations. Let your entry be invited, not forced.

We hope you've taken the lessons of the previous two chapters to heart, learn to appreciate yourself and your pleasure while releasing resistance and taboos. This is a lifelong process for most of us so take it easy on your journey of stress reduction and relaxation. Remember to use the four cornerstones of ecstasy — breath, sound, movement, and presence — fueled by Orgasmic Breathing to activate the process.

Once you're intimately familiar with everything you can reach nearby, you've hopefully relaxed as much as possible. Then it's time to approach rosetta.

The best way to avoid forced entry is to use the tools you've hopefully practiced so far. Breathe deep, squeeze your PC, and relax totally on the outbreath. If you've made any headway on this Tantric foundation, you'll be reaching for this new kind of pleasure. Rosetta will virtually reach out and suck your finger inside.

If anal play is new to you and you're tight, you'll probably want to penetrate first with your little finger. Eventually you'll want to open enough for your longest finger, usually your second. We suggest you take your time and try them all. Some so-called experts suggest using your thumb which can work if your arm is long enough to reach around behind.

PRACTICE: Rosetta Self-Discovery

Purpose

To explore your own rosetta and experiment with gentle entry.

Comments

Make sure your nails are short, trimmed, and smooth. If your hands are rough, callused, or cut, plan to wear talc-free latex glove or finger cot. Be sure to gather up several towels to play on and clean up with. Handiwipes and hand sanitizer gels are handy to have around, too.

1. SETTING

First, create a Sacred Space, honor yourself with a Heart Salutation, and consider the Partnering Questions.

2. POSITIONS

Experiment with the four self-massage positions to see what's most comfortable for your body. Try pillows and Liberator® Shapes if you have them. When you find a body arrangement that seems to work, use it for as long as you can.

3. SENSUAL MASSAGE

Explore the environs of your cheeks, perineum, and rosetta first. Feel the different kinds of skin and the sensations that different kinds of touching produce. Press inward everywhere to feel of the different tissues and the location of bones. Massage softly and deeply. You can use oil if you want but be sure to wipe it off before going inside.

4. LUBE UP

If you choose, put on a latex glove or finger cot. Generously apply lots of water-based lubricant to rosetta and whichever finger you decide to start with. Don't hesitate to stop whatever you're doing and add more slippery stuff any time you even suspect you're too dry.

5. CIRCLE

Using your finger pad, gently, slowly, and sensuously circle rosetta. Massage from the middle outward and from the rim towards the center. Play with gentle pressure when you glide by the middle. Experiment by resting your fingertip on rosetta's closed door and pressing every so slightly.

Remember to relax and breathe deeply. How does rosetta feel? How do you feel?

6. INSERT

Begin penetration by inserting just the tip of your finger. As you rest on the verge of rosetta's opening, take a deep breath and tighten your PC and anal sphincters. Relax everything on the outbreath and press inward just a little bit. Repeat this cycle until you find rosetta sucking your fingertip inside. A half a fingernail width is a perfect start.

7. RELAX

Remember, Orgasmic Breathing can help you relax, enjoy, and spread the energy. Don't push it if you encounter pain. Take your time and see if you can consciously relax any spasm or tightness. Playing with vajra may help you relax, too.

8. MASSAGE ROSETTA

Massage rosetta, the outside sphincter first, playing with PC muscle contractions as you do. Go deeper when it's comfortable, but don't push it too far at first. Do everything you can to create pleasure, have fun, and avoid pain. It will be better if you come back and repeat this practice a few times going a little further each time.

9. CLOSING

When you decide to end your session, gradually relax and slow your movements down and withdraw. We really like the energy connection of one hand on your rosetta plus the other hand on your heart at this point. Simply feel your body, mind, emotions, and spirit. Reflect what was best, what you discovered, what you want more of, what you want less of next time. Close your Sacred Space with a bow, hug, or silent or even verbal acknowledgment to yourself.

Afterthoughts

An alternative to the dry-land version above is to do this practice in the shower. The next time you're washing, massage rosetta with the pad of a finger. Once washing thoroughly, we recommend you rinse the soap off before entering since you don't want to chance anything irritating the sensitive tissues inside.

Watch Out For The S Curve

If you managed to insert a finger past the second ring muscle, you'll have discovered that things open up considerably as the rectum tilts toward the front of the body. You've entered the colon, the lower end of the large intestine. Technically, the rectum starts at the anal canal so it's common when talking about anal play for this to mean rectal play as well.

The word rectum comes from the Latin word for "straight" which proves that the early anatomists were confused about its orientation. Not only does it tilt forward initially, but a few inches further up and in it curves towards the back, sometimes by as much as 90 degrees. Then, after few more inches, it curves towards the front again.

In other words, if you try to stick something longer in there (a nine inch dildo, a well-endowed buddy, a broomstick for Halloween), you'll run into this big "S" shape.

By the way, we're going to get into sex toys shortly. Or maybe we should say we're going to get sex toys into you longly. Tantra, you know, is thoroughly sex positive. Since we celebrate pleasure and anything that turns you on (as long as nobody gets hurt, of course), we're very sex-toy positive, too. Just don't stick something up there that could get lost. Better, buy your own sex toys designed specifically for anal play at our discreet [Adult Products Store](#).

Finding The Nugget

The inner way to massage the prostate gland is through rosetta just past the point where the rectum widens. The entrance to the anal canal is sensitive to touch like yoni's mouth. Also like yoni, the inner portion of the rectum responds mostly to pressure.

We're going to aim you to search for the male Sacred Gate on the front rectal wall just beyond the second sphincter. That's a few inches inside rosetta. To reach the G-Spot, you face the palm of your hand towards vajra and the belly, not towards the back. By the way, if vajra is erect, you can also feel the lower end of vajra's bulb from the inside.

The delicate, highly sensitive tissue thereabouts is lined with mucous membranes. It's important to know that these membranes only lubricate a small amount. They're nowhere near as prolific as an aroused yoni or a drooling mouth. Which is why you need copious amounts of a water-based lubricant for comfortable anal play (also available at our [Adult Products Store](#)).

Because the lining is made of fragile tissue, remember not to use a product with chemical additives like nonoxynol, a caustic spermicide, for example. Or hot salsa, Scotch whiskey, or Drano. Is cerveza OK? (Lighten up, just a joke. Please don't try any of these.)

PRACTICE: Prostate Self-Discovery

Purpose

To find and explore your own prostate.

Comments

Now that you've had the flight briefing and know the lay of the land, guys, it's time to do a little adventuresome exploring flying solo. (No, we're not going to say "firsthand" again.)

Most guys can massage the prostate themselves at least for a bit. Because you have to reach down and around to go deep enough, it's not the easiest kind of self sensual massage for extended periods. But it's worth a try to at least discover your own inner geometry and find what works for you.

1. SETTING

First, create a Sacred Space, honor yourself with a Heart Salutation, and consider the Partnering Questions.

2. PREPARE

Collect up towels, lubricant, gloves, handiwipes, and anything else you think you might need. Arrange yourself comfortably on cushions, pillows, or Liberator® Shapes. Begin with sensual massage until you're relaxed.

3. INSERT

If you choose, put on a latex glove and lube it generously with a water-based lubricant. Use the Tantric entry scheme you learned in the Rosetta Self-Discovery Practice. Breathe, squeeze, relax, exhale, and penetrate slowly. Remember, don't push it if you encounter pain.

4. MESSAGE ROSETTA

Massage rosetta, the outside sphincter first, playing with PC muscle contractions as you do. You may relax more if you play with vajra.

5. DEEPER

As you relax, go a little deeper into the anal canal. Discover the inner sphincter and see if you have any power to squeeze or relax it.

6. MESSAGE

By taking your time and breathing, you should be able to penetrate past the second sphincter. Once you do, press upward and forward towards vajra. Massage down and outward feeling the tissue.

7. SEARCH

Press the various spots you can reach, searching for the muscular gland and the unique sensations it will give you. Remember the prostate gland is fibrous, much harder than the rest of the rectal wall.

8. TEST FEELINGS

Test various pressures and strokes to see how they feel. It may feel as if you need to pee because of the pressure you're putting on the bladder neck. Relax and breathe through it and this feeling should pass.

9. SELF-PLEASURING

If you enjoy the sensations, feel free to combine your inner massage with an outer one by self-pleasuring vajra. The interplay between the two sensations is great fun. When vajra is aroused, many men like extremely firm G-Spot massage.

10. CLOSING

When you decide to end your session, gradually relax and slow your movements down and withdraw. We really like the energy connection of one hand on your rosetta plus the other hand on your heart at this point. Simply feel your body, mind, emotions, and spirit. Reflect what was best, what you discovered, what you want more of, what you want less of next time. Close your Sacred Space with a bow, hug, or silent or even verbal acknowledgment to yourself.

Afterthoughts

You can also do this practice in the shower. Some of our Tantric friends massage their prostate every time they shower. Not only does it feel good, but some believe that the therapeutic loving self-touch promotes healthy tissues.

That really is all this practice is about, to explore, discover, and feel. If you've turned yourself on, take it as far as you want and enjoy yourself. An orgasm with male G-Spot massage is quite a powerful experience.

By the way, you may experience a clear fluid leaking from vajra during or after a practice without ejaculation. It's probably pre-cum, so don't worry about it. A little of this is perfectly normal. Remember, you're stimulating your ejaculation system and building up fluid from the glands that produce semen. If it seeps out after being produced, no harm done.

Some men also ejaculate unexpectedly when they begin prostate play since the sensations are so different and powerful. If this happens to you, feel free to repeat this practice as often as you need to get accustomed to this new kind of play.

4.5 Partnering Section

Sacred Gate Massage Positions

Hopefully, you've found one or more of the solo massage positions adequate for personal exploration. While there are limited ways to reach your own G-Spot, there are many more comfortable options that Shiva can assume during partner play.

Comfort is essential for both giver and receiver. Just as with solo play, tension in the giver's body telegraphs quickly and can close down Kundalini energy channels.

We find that when both of our mature bodies are involved, this drive for comfort requires that we sit as close as possible, usually between the receiver's legs. We carefully arrange proper arm position, leg cushions, and back support.

The Tantric approach, as we've made clear, is not simply to get off, but to enjoy every delicacy of sensation thoroughly. That requires the learning curve of discovering what works best for your bodies. We recommend you experiment with the following partner positions before you get into serious Sacred Gate play. Then you'll know which to use, how to adjust them, and which to eliminate.

Once you get going on partner Sacred Gate massage later, we urge you to speak up immediately if you find a leg going to sleep, a back spasming, or a finger cramping. Even if you're on the verge of something great happening, receivers welcome your partner taking responsibility for their comfort. It will be worth it to you in the long run.

Partner Sacred Gate Massage Positions

Here are several ways for your partner to reach your G-Spot...

- Flat Back
- Leaning Back
- Receiver By The Side
- Kneeling
- Squatting
- Stomach
- Hands & Knees
- On His Side

If you tried them out during the Prostate Self-Discovery Practice, some will already be familiar.

Flat Back

The receiver can lay flat on his back on the bed or floor. This man-on-back position allows easy perineum and G-Spot access as well as an unimpeded view to a giver sitting between his legs. Direct eye-contact and face-to-face communication occur naturally if the receiver is close enough.

Giver, if you move up as close as possible, you don't have to lean over or stretch your arms too far in front of your body. It's important for givers to position themselves at an angle to the receiver's body so wrist and hand remain straight. Otherwise they can become very fatigued, tense, and in-pain very quickly.

To make this position work for both giver and receiver, you'll need to deal with your intersecting legs. The giver can put both under or one over and one under the man's. (If both of his legs are down, rosetta will be harder to reach.) Work out the dynamics in advance with extra pillows within arms reach because, with any luck, you may find yourself in this position for a while.



In this position, the higher the receiver's butt and legs, the more exposed his rosetta. Try putting a pillow under the man's butt to more easily access rosetta.



To maintain this position, it's best if he can prop his knees up on pillows or hold his legs against his chest.



Leaning Back

When the receiver lays back against cushions or a Liberator® Shapes wedge, even more eye contact, non-verbal communication, and direct dialogue are possible. The bad news is that the receiver is sitting on the target area of internal pelvic massage.



Our solution is to prop up the receiver's hips with a rolled towel or small pillow. If the receiver's legs are spread wide with knees supported by pillows too, the jewels and perineum are very accessible.



Wrist strain is a common physical problem when we're giving G-Spot massage to a receiver on his back. As we've explained, while sitting between his legs and facing his rosetta directly, your palm-up hand will be cocked unnaturally towards your thumb as the following photo demonstrates.

If you turn your body at an angle to compensate like the following photo shows, you'll have a more direct entry angle for your wrist so you can be inside rosetta longer without strain.



Receiver By His Side

Sometimes sitting at an angle complicates the conflux of legs. An alternative that allows you to adjust even more, is to sit outside the man's legs. The giver's position depends on whether the receiver is on the floor, bed, couch, or massage table.

When you sit to the side of a receiver on the floor or bed, have him rest one of his legs over your lap and prop the other up on pillows. By sitting this way, you can adjust your hand's angle of rosetta entry to be perfectly straight ahead. Again, move as close as possible to reduce long-term strain.



You see why we suggest you practice before you really get into it? It can be tricky, especially for those of us who don't live in 20-year-old bodies that welcome pretzel positions.

Another variation of man-on-his-back position places the giver at the side of the receiver on the floor, or on a bed, couch, or massage table.

With both on the floor, the giver can sit or even lay by the side of his waist or torso. As before, the receiver is free to use pillows and props for maximum comfort. If his legs are down, the giver reaches a hand over his hips and belly to reach rosetta. If his knees are up, the giver reaches underneath.

Sitting by the side of a bed or couch can be more comfortable for the giver for extended periods. The man lies comfortably on the edge with whatever cushions are comfortable for him. He can lay flat or lean back against the headboard. The giver sits in a small chair, preferably without arms, next to the bed. If the giver's arms are long



enough to comfortably reach the receiver's rosetta for long periods of time, this position gives maximum comfort for both partners.

The most flexible arrangement that allows maybe the easiest access to rosetta is with the receiver on a massage table and the giver standing by the side.

A great advantage of the side arrangement is the closeness and intimacy it creates. It allows for kissing, eye gazing, and much easier communication without interrupting the flow of Sacred Gate stimulation. Unfortunately, because givers at the side can't easily see what they're doing, this is probably better used once a couple has become skilled at rosetta penetration.

Kneeling

The man upright on his knees works for partner Sacred Gate massage as well as prostate self-pleasuring. The giver needs to sit in front of him, with pillows or a Liberator® Shapes cushion for support. Of course, the downside of this position is that the receiver can become fatigued from the balancing upright on his knees for too long.



The receiver raising one knee makes it even easier to reach deep into the Sacred Gate.



Squatting

As with self-pleasuring, if you can comfortably squat long enough on your feet with your feet on the floor and knees bent, you open rosetta wide for easy receiver access.

To make squatting work, the giver needs find a comfortable way to sit on the floor. Again, support with a Liberator® Shapes cushion can help.



Hands & Knees

Doggie-style lovemaking has a certain appeal to many lovers, maybe because that's how animals do it. It's harder to communicate this way, but sometimes that distance helps beginners build intimacy slowly instead of all at once. Whatever the motivation, the man on his hands and knees with the giver seated behind him works well.

Spreading his weight on four limbs instead of two tends to be easier for a long-term pleasuring session than kneeling or squatting. And this position allows the man to move more freely than when prone.

Remember, givers, since the prostate is towards the front of the man's body, your hand needs to be palm-down in this position.

A variation on this theme places the man on a pile of pillows under his torso for the same kind of rear entry. Then he doesn't need to support himself on his hands and knees.

Stomach

A great way to reach the prostate comfortably is with the receiver laying face-down on the bed with hips propped up on pillows. Again, this requires a palm-down arrangement by the giver.

Though this position allows the most direct contact with the perineum and rosetta, it greatly reduces intimate contact and communication between partners. Without this kind of interaction, many givers and receivers report that the on-the-stomach position tends to increase the "clinical" feeling.



On His Side

One author's preferred position for prostate and perineum massage is with the receiver on their side.

This does expose the target area, and allows some direct communication and contact between giver and receiver. We find it's hard for some givers to stay comfortable this way unless their legs stay together. But it's certainly worth a try.



Instead of thinking about what positions would work best and debating at length, we recommend you try all the possible positions for some time and listen to your body's comfort or strain.

PRACTICE: Sacred Gate Massage Positions

Purpose

This introductory practice gives you a chance to find Sacred Gate massage positions that can be comfortable for both giver and receiver over an extended period of time.

1. PREPARE

Open your Sacred Space with a Heart Salutation.

Together read over the previous section about the optional positions for giving Sacred Gate massage and decide which ones you want to try.

Discuss Partnering Questions — desires, concerns, boundaries — in the moment.

2. PROPS

Collect up pillows, cushions, towels, and any available props like Liberator® Shapes so you'll be ready for nearly anything.

3. FIRST POSITION

Help the receiver arrange himself most comfortably in the first position you want to test. Then help the giver get into a comfortable supported place with one hand resting near the receiver's rosetta and the other resting lightly on his back or belly.

4. TALK ABOUT IT

Now, spend 5 or 10 minutes talking about how it feels. If you want, continue discussing what you're learning about Sacred Gate massage, sexual pleasure, and Tantric energy.

5. ADJUST

If you develop some strain, adjust your body and limbs to find a more comfortable variation.

6. OTHER POSITIONS

When you've demonstrated how well the first position works for both of you, try the others one at a time. Be patient. It took Somraj and Jeffre weeks to figure out what was most comfortable and most effective for their unique physiques.

7. FEEDBACK

When you've tried them all, talk about what worked best for both of you for vision, access, and comfort for both long and short sessions.

8. CLOSING

When you decide to end your session, slowly relax. We really like the energy connection of one hand on rosetta and one hand on the heart at this point.

Give each other a Heart Salutation and do whatever works for you to acknowledge each other and give thanks for the pleasure you've received.

Close your Sacred Space.

PRACTICE: Partner Prostate Discovery

Comments

Now that you've found a way to be comfortable together, you can ask your partner to go inside and discover your G-Spot.

Ask your lover to read the Prostate Self-Discovery Practice and then go through it with you. Be sure to point out what you learned about your male Sacred Gate on your own. Enjoy together!

Purpose

To show your lover how to find your male G-Spot, your prostate, and touch it to add to your pleasure.

4.6 Closing

Now, wasn't that great fun? When was the last time your teacher told you to play with yourself and play doctor with your partner without much of an agenda?

Well, that's the Tantric spirit. Enjoy all the gifts the divine provides for us without regard to anyone else's limited views of what's acceptable.

Like the other practices in this ebook, your explorations of the perineum, prostate, and ejaculation are not designed to be one-time deals. We sure hope you tried all the exercises at least once. Now is your chance — and your assignment, dear student — to repeat them to learn and enjoy more.

To become a virtuoso at Sacred Gate massage, your next class assignment in Chapter 5 requires building on the simple discovery process of this chapter. Now we're getting to the meat of the matter. So go for it, friend, and have fun.

Chapter 5: Sacred Gate Massage

“Don’t let another day go by without the magic touch.”

— Neil Young from *Sleeps With Angels*

5.1 Opening

Purposes

The purposes of this chapter are to...

- Understand how to give and receive Tantric pleasure.
- Find Sacred Gate massage positions that work comfortably for the two of you.
- Practice the four basic strokes of Sacred Gate massage.
- Use Sacred Gate massage for maximum pleasure.

If you’re finding that rosetta is really tight, you might want to read through this chapter and do the practices in the next one first. The Pelvic Healing routines in [Chapter 6](#) will help you loosen and open up to backdoor pleasure. Then, when come back to the practices here, you can really enjoy playing with Sacred Gate massage from the outset.

Giving Shiva Pleasure

In this chapter, you’re going to learn the art and science of male Sacred Gate massage, otherwise known as G-Spot or prostate massage. We’re primarily talking about using your fingers, though we’ll include some guidance about using sex toys with a partner as well as by yourself.

Once you’ve determined the pleasure formula for a specific Shiva in a specific lovemaking session, Sacred Gate massage is essentially simple. There are just a lot of options to choose from in order to arrive at that point. So this chapter breaks down G-Spot pleasure into a series of practices of increasing complexity and increasing stimulation.

You’ll probably want to rush ahead to the juicier bits and push for a resounding orgasm sooner rather than later. We understand this innate urge to seek rapid rewards. If you’ve accepted our Tantric premise of thoroughly enjoying each step on the road to unlimited ecstasy, you’ll find it’s a better idea to play your way through the whole chapter before diving into the destination.

When To Start Sacred Gate Play

Playing spontaneously, full out, with wild abandon is great. We just suggest you do it later, in later practices, in a few days or weeks. If you’ve been making love for 1, 10, or 30 years without these techniques, what’s another few weeks to gradually incorporate Sacred Gate play into your repertoire?

Remember, the Tantric way is to slowly savor each morsel of new delight and draw

out the pleasure as long as you can.

If you've read [Tantric G-Spot Orgasm & Female Ejaculation](#), you've learned that the Sacred Gate only comes out to play when sufficiently excited. It's as true for men as for women.

Or to put it bluntly, shoving something up your ass before you're super turned-on feels bad, not good.

Don't dive right for the Sacred Gate until you've gotten a clear signal that your Shiva is really hot. Learn the pattern of arousal of this unique man you aim to pleasure. Whatever his needs, be sure to dwell amply on awakening physical and energetic arousal before heading for his Sacred Gate.

5.2 Giver Role Section

You're Privileged To Be Invited Within

Since it's a highly conscious, sacred experience, Tantric lovers approach sex in a unique way. Approaching the Sacred Gate for maximum healing and pleasure requires an attitude and commitment that respects Shiva's divine nature. It demands that a lover is fully available to meet his needs.

We like to describe this exacting but highly satisfying role with the 6 P's...

- Privilege
- Presence
- Patience
- Partnering
- Pilgrim
- Permission.

Take these six guidelines to heart before you begin any male Sacred Gate play. This applies to men giving to men as much as women giving to men.

Entering a man's rosetta and reaching for his spirit through his Sacred Gate only works when the giver recognizes the trust being placed in them. Truly, it's an awesome privilege and responsibility. If you're feeling awe in response to being offered such intimacy, you're approaching with the perfect mindset.

Your Presence Is Your Greatest Gift

More than anything you might do during Sacred Gate play, being **present** is the most important requirement.

We don't just mean physically with your hands inside him. We mean mentally here now, emotionally accessible, and spiritually conscious. Listening fully with all your senses open is your foundation and a powerful way to say "I love you."

How do you show presence? Well, tuning out, daydreaming, and looking off into the

distance isn't it. Interrupting his process and disappearing into your own issues in the midst of a breakthrough certainly disqualifies you.

Rather, tune in so you notice what he's experiencing in every moment. Tell him "I'm here for you." Respond directly to his every comment and request. And above all, maintain eye contact when he is available. Undoubtedly, he will close his eyes at times while being penetrated, but he needs the reassurance when he resurfaces that you aren't checking-out.

Just letting him know you're there with him is almost enough.

Be Patient, All Good Things Comes To Those Who Wait

A big part of being here now is **patience**. Nowhere to go, nowhere to be, nothing else to do but what you're doing.

As we've explained, it's essential for both the receiver and the giver to drop any goals of a supreme experience or cosmic orgasm. Shiva will likely experience amazing things, but pushing for them can easily block his ascent to new heights.

Just let whatever is going to happen unfold of its own accord. Let nature take its course without fighting the current. Face it, it takes as long as it takes, and there's little you can do to speed it up. But you can slow it down by trying to force the process.

Let sweet and gentle be your watchwords. Follow Shiva and he'll tell you when to be strong.

Support Your Partner, You're Both In This Together

Contrary to cultural sexual patterns or beliefs drummed into us about what it means to be a good lover and how "real men" or "uninhibited lovers" are supposed to act in bed, good sex is a joint effort. Both need to be active **partners**. One being passive while one "does" the other isn't it.

Every time you connect, agree where you both want to go together using the three Partnering Questions (desires, concerns, boundaries). Look after yourself and let your partner know what's going on inside so you can receive full support. Communicate about what's happening in the moment. Respond to what you observe is going on with your partner.

Work together like smoothly shifting gears. No, let's correct that, play together.

Remember, you're the two musketeers. All for one and one for all.

As a giver, you want to reassure and comfort your partner. Be a full-time helper during Sacred Gate experiences. When he's open to it, offer him guidance. When he thinks he knows what he wants, let him be in control. If he's struggling, assure him that he doesn't have to do it all by himself. Just let him know that you're there for him while you follow our practice directions.

When he's having a powerful experience, feel it yourself and enjoy it. When pleasure is your goal, not orgasm, you can only get it right and never get it wrong.

Above all, encourage him to fully receive and absorb all that you're giving. In the spirit of true partnership, you know you'll get yours eventually.

Just A Pilgrim Searching For The Promised Land

You can't always accurately predict a lover's reactions. It's best if a giver of Sacred Gate massage acts like an explorer, discovering new and uncharted territory. Be a **pilgrim** searching for hidden secrets with little in the way of maps. Stay in awe of the wonders you stumble upon.

You won't really know what he wants in each exact moment until it turns him on. Stay alert to his breathing, sounds, and movements. When he leans towards you and presses on your finger, he wants more. When he withdraws and pulls away, he wants less.

Be prepared for anything to happen. Your hands might be rocked violently by a bucking bronco in the throes of orgasm. You might run headlong into a hysterical outburst. You might get sprayed with divine nectar. Or it may seem from the outside that nothing is happening.

You just have to accept that you don't know it all and can't predict the future. Ego is one of the primary enemies of sacred sexuality. What worked yesterday may fall flat today. What hasn't worked for months may suddenly become the key that unlocks huge recesses of Kundalini energy. What he thought was just OK previously is all he wants you to do from now on.

Always stay tuned for late breaking news and you'll do fine.

Ask Permission Before Entering The Promised Land

If the G-Spot is the gate to the sacred joys of untold pleasure, you'd be wise to ask before barging in. You don't enter such a temple without **permission**.

A Tantric lover always shows how deeply they embrace the earlier five P's by asking before moving forward and inward. In a Tantric relationship, this applies as much to grabbing vajra as plunging into rosetta.

You can be straightforward, "I'm going to put a finger inside you now, OK?" Or you can be Tantric and romantic, "May I enter your sacred garden, oh, sweet beloved, of my dreams?" Be serious or make it lighthearted, whatever you floats your cork, but don't forget to ask. Above all else, getting the OK before penetrating is the height of respect.

Even if you've been in relationship a long time, get permission first each and every time. It puts Shiva in a position of power when he most needs the security of knowing it's his call to say yes or no during every step of this experience.

If you want a Tantric partnership, encourage him to make his own decisions in every moment.

Maybe it goes without saying, but we'll say it anyway. When he asks you to depart, graciously and gently withdraw. You're inside his rosetta by invitation only. Respect the privilege and you're likely to be invited again soon for more divine play.

EXERCISE: Giver Discussion Questions

Here are some statements to complete by reflecting, journalling, or talking with your partner about...

- Describe the Tantric attitude and what you will do to make it part of your lovemaking...
- Review the 6 Tantric P's. Describe what each means to you...
 - Privilege...
 - Presence...
 - Patience...
 - Partnering..
 - Pilgrim...
 - Permission...
- Evaluate your past lovemaking according to how closely you honored the 6 P's...
- Describe what difficulties you've had with each and what you plan to do about each...

5.3 Receiver Prerequisites Section

At Disneyland, you need an “E” ticket for the best rides. To ride the wave of bliss when receiving G-Spot massage, you need six “E” tickets. The six basic receiver prerequisites to delightful Sacred Gate play are...

- Relaxation
- Communication
- Arousal
- Empty Bladder
- Lube
- Drop Expectations.

Learn To Relax

Shiva, if you're too tense, your Sacred Gate may not be fully open to receiving visitors. Tension can prevent you from getting sufficiently aroused to enjoy the intense stimulation of G-Spot play.

If you want to become more **relaxed**, start doing the practices in the previous chapters regularly. You knew we were going to first remind you about Rosetta Relaxation, right? Also, build your sexual muscles so they have the tone to easily relax. Spend more time practicing with Orgasmic Breathing. Do more solo exploration of rosetta inside and out. Learn to enjoy sexual pleasure through self-pleasuring as a sacred ritual.

If relaxation in sexual situations doesn't come easily to you, you might want to look into the causes first. Ask yourself where does this sexual stress that blocks excitement come from?

It could be a lack of intimacy and trust with your partner. It could be that you're putting pressure on yourself to perform. Perhaps you're conflicted about sex in general as a result of conscious or unconscious social judgments and moral taboos. It could be that past abuse and wounds are creating too much anxiety for you to relax. We address these issues extensively in the [Pelvic Healing Chapter](#) that comes next.

In the meantime, we can only suggest you go slowly, breathe, and take heed of how the other receiver prerequisites can help you relax.

Lots Of Open Two-Way Communication

The more you talk about sex in general and Sacred Gate play in specific, the more pleasure you'll have sooner. Especially while you're learning, **communicate** about your desires, concerns, and boundaries before you begin each session.

Ask for what you want in each moment, or as much as you know you want at that point. Give feedback supportively. Ask anytime you're unsure. If something is on your mind, let it go by talking about it. Otherwise the inner distraction may prevent you from relaxing into pleasure when you most want to.

When you're beginning Sacred Gate play, don't worry that speaking up may interrupt the mood. That sensitivity is more appropriate later as you get grooved in and reach for the stars. Instead, start with the childlike spirit of "Playing Doctor" to approach these practices in a fresh, innocent, new way. Drop any shyness, inhibitions, judgments you've carried about sex. Remember, it's a divine gift from God/Goddess.

As a receiver, be as responsive to loveplay as you can. Show what you're feeling. Use non-verbal communication to telegraph your sensations. The more you practice the four cornerstones of Supreme Bliss — breath, sound, movement, and presence — the more your partner will know what's going on with you, even without using words.

Be sure to compliment anything and everything that your partner does during your sexual antics. Since your lover will want to give you more of what you like, don't be careful about asking. Be out there and go for it.

At first, you probably won't recognize all your feelings and reactions in the moment. So it helps, after each session, to openly talk about what was best, what you'd like to be different, and things to play with next time.

Often, as you continue your routine of checking in down there the hours and days after a play session, rosetta will "talk to you." Just pay attention and share with your partner when appropriate.

Get Highly Aroused First

Many lovers — both givers and receivers — have been bewildered about how to make G-Spot massage memorable and exciting. We think a primary reason is that too many try to push this powerful but sensitive orgasmic trigger before getting highly **aroused**.

We wonder how many men have tried massaging their G-Spot but didn't like the sensations it produced because they weren't turned on enough?

Shiva, embed one clear thought in your mind as you approach Sacred Gate play: you must be thoroughly and deliciously turned-on first. So you're going to have to put up with interminable hand jobs or mouth jobs until you declare that you're hot enough.

Getting your entire pelvic region engorged with blood, awareness, and excitement is essential for comfortable ecstatic opening. Until this happens, any approach to the Sacred Gate, especially with hard and fast strokes, will probably be uncomfortable, maybe even painful.

If you read the previous section about giver's always asking permission, you'll understand why we're telling you this. You're responsible for your own pleasure. Even if you're flat on your back with your legs up, you're in the driver's seat. If you want the zenith of sexual pleasure, you have to steer.

Don't let anybody in until you're ready, OK?

You've learned what your body likes, right? You know how to communicate about your preferences, right? If so, tell your partner.

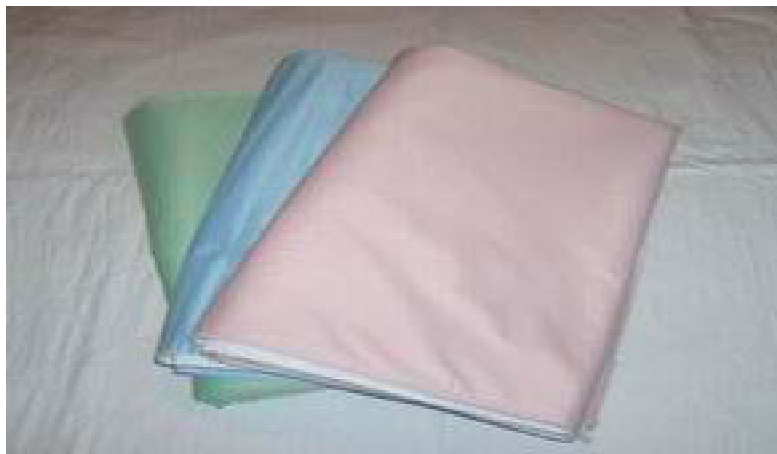
Empty Your Bladder First

Empty your **bladder** before Sacred Gate play. A full bladder makes it more difficult to relax. Not only is this sensation distracting, but there's that worry about letting go at the wrong time and making a mess.

Do you remember that the male prostate is wrapped around the bladder and the urethra, the tube that conducts urine out of the body? When it gets excited, the prostate gland fills with fluid and expands. We call the sensation it creates the P-Signal because it feels just like you've got to pee. So if you're worried that your bladder is too full, you might keep your PC muscle clamped down tight. All by itself, this might stop your pleasure, orgasm, and G-Spot ecstasy.

Shiva, if you're confident that your bladder is empty and you understand that the P-Signal is normal, it will be easier for you to relax and let things go. Playing on a couple of towels and an absorbent pad can help free your mind of calamities, too. Which is why we make Luv Liners and Luv Linens bed protectors available.

[Luv Linens](#) are super-absorbent, waterproof, washable, reusable pads designed to keep your lovemaking space clean and dry during sex. Now there's no reason for either men or women to hold back and prevent their waters from flowing during ecstatic loveplay. Luv Linens provide the kind of peace of mind that aids in relaxation. These are larger and more attractive than anything we've seen for gushy lovers. And they're amazingly inexpensive. Disposable Luv Liners are also available.



For more information and ordering, click [here](#).

Use Lots Of Lubrication

We must face one of the inalienable truths of Sacred Gate play. Dry scratching back there just ain't any fun. Which explains our next entry reminder: get wet and stay wet.

We know the hunks and hunkesses in fantasy novels and porn flicks never stop the action to add **lubrication**. But this is the real world, buddy, and it's your asshole we're talking about here.

Our response, as always, is the Tantric one — no big deal. Our only interest is pleasure. Not giving a performance of any kind. Not living up to any mental image. Not competing with anyone.

Simply make sure you introduce lots of lubricant.

There are many commercial varieties of personal lubricant available. Remember only to use water-based lubricants inside rosetta. Some examples are Probe, Wet Light, Astroglide, Liquid Silk, and KY Jelly or KY Liquid, but there are lots more. We don't recommend you introduce oil or petroleum based products back there as they can too easily become absorbed into your bloodstream.

You can find all manner of lubes at sex shops all over the world. Most offer assortments of small samples to see what you prefer. Many local drug stores stock some varieties of "personal lubricant," but they're usually not the best sort in our humble opinion.

You can certainly find one that works best for you amongst the over 200 options, including some specifically designed for anal pleasure, at our on-line [Adult Products Store](#) by clicking [here](#).

Here's just one example, [Moist Anal Lube](#).

By the way, who's in charge of making sure you stay wet enough? You both are! But as a receiver, you'll probably know that you need more first. Ask for more, or keep a separate bottle within reach so you douse yourself when the going gets tight.

Drop Expectations

Sacred Gate play is a doorway to an exalted universe of pleasure, ecstasy, and altered consciousness. Those aren't measurable, programmable qualities. If you enter any kind of loveplay with specific qualities of orgasm, ecstasy, or spiritual enlightenment as a dedicated goal, you can well block the flow of energy that you need to propel you higher.

Supreme Bliss happens in the moment. **Expectations** take you out of it, into the future.

The most common goal that lovers set is to have an orgasm within a certain amount of time. Sure, worry about difficulty orgasming during jewel union may be more common with women. The same tension can get in the way of a man seeking fireworks through Sacred Gate play. This can put performance pressure on you as well as the giver.

If you're worried about whether or not you will orgasm, you can stymie your progress with performance anxiety. Trying to reproduce the excitement of a previous encounter can also distract both giver and receiver. All get in the way of enjoyment.



Instead, learn to enjoy pleasure right now. Learn to bask in your vibrations and those of your partner. Appreciate the pleasure coursing through you now. Accept that it may stop at any moment and that you'll be complete, whatever happens. Make what you're feeling in this moment enough. Since arousal is often a moving target, tune in to "que sera sera," whatever will be, will be. Flow spontaneously, responding to cues, signals, and intuitions.

What's the ultimate prescription for opening the Sacred Gate to supreme pleasure? Forget the past and the future. Focus on what's happening now.

EXERCISE: Receiver Discussion Questions

- Consider or discuss the six receiver prerequisites and define what each means to you...
 - Relaxation...
 - Communication...
 - Arousal...
 - Empty Bladder...
 - Lubricants...
 - Drop Expectations...
- What are your feelings, thoughts, & reactions to each?
- Do you have a problem with any that might interfere with your Sacred Gate play?
- What alternatives can both of you agree on to deal with them?

5.4 The Four Basic Strokes Section

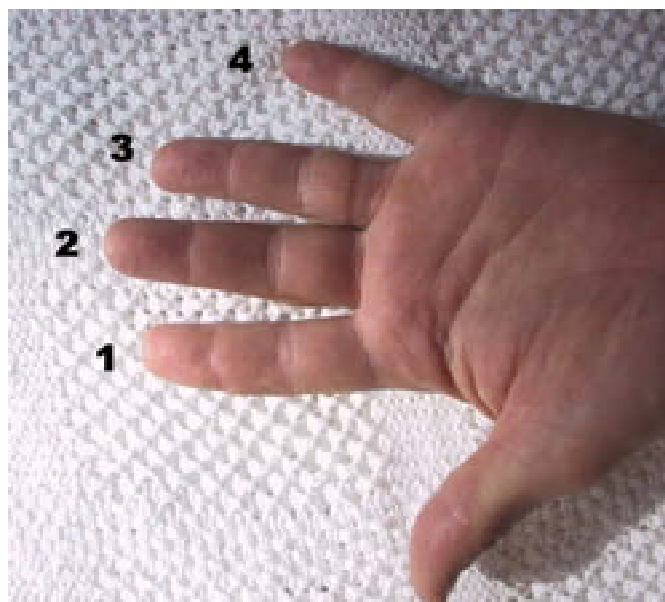
The four basic strokes of Sacred Gate massage are...

- In-&-Out
- Holding
- Circling
- Come-Hither.

They all mean exactly what they say. If you don't know the term, *Come-Hither* means crooking a finger back towards your palm as if you were beckoning someone to come towards you.

When we refer to the giver's fingers, we use these terms...

- First Finger, the index finger or forefinger closest to the thumb.
- Second Finger, the middle, usually the longest, finger.
- Third Finger, the ring finger.
- Fourth Finger, the little finger or pinkie.



Because most men start tight, they need rosetta to be penetrated gradually. It's recommended to enter first with a smaller finger, say for example, your third or fourth finger. When he's opened up and you want to go deeper, you can switch to your first or second finger.

With all these strokes, more than one finger is certainly possible when a man relaxes and opens to anal pleasure. We know some seasoned lovers who prefer three, four, or even a whole fist. When you use two fingers, try both the first-second and second-third combinations to see what your partner prefers and what is most comfortable for the giver. With the proper position and fortunate combination of anatomy, sometimes a thumb works well too.

After practicing each stroke later in this section with one finger, you'll learn to vary these moves by adjusting pressure and speed. Then we'll show you how to interrupt your rhythm by tapping, vibrating, milking, and withdrawing to create different patterns with the arousing element of surprise.

Descriptions of the four basic strokes follow. As you read them, move your fingers. Use one hand to simulate the entrance to rosetta. Hold your hand palm-down and make

a circle by touching the tips of your thumb and first finger together. Practice the strokes on this hand with the fingers of your other hand.

By going through these motions while reading about the strokes, you'll create neuronal pathways in your body so they'll stay with you and become more instinctual.

In-&-Out

The **in-&-out** stroke is where you'll start Sacred Gate massage. In-&-out simply means inserting a straight finger into a well-lubricated rosetta. It probably needs little introduction, most resembling the familiar and sought-after repeated motion of vajra's penetration of yoni.

Remember, giver, always warm up your partner, ask permission, and lubricate your finger before any kind of insertion with or without latex covering as you both prefer. At first, tease rosetta, possibly trying different clock orientations, with just one soft fingertip. Experiment with your first, second, third, and fourth fingers.

Now is a perfect time for the giver to practice rosetta awareness and rosetta relaxation.

Once rosetta is completely relaxed, giver, you'll discover your finger being sucked inside. Then you can slowly insert one finger-joint and withdraw it gently. Without a thought of rushing towards any destination, go deeper at a snail's pace to two joints for the longest time, then three as deep as you can reach.

Try slowly entering with different hand rotations as far as your arm's flexibility allows. Can you feel the Sacred Gate? Run your finger along its middle, sides, and gutters. Can you feel how it feels different than the surrounding tissue?

After a long slow sojourn of one-finger in-&-out, a loose and open Shiva may welcome you inserting a second one, replaying the same deepening progression. Try spreading two fingers apart so they slide along each side or gutter of the arched crest of the Sacred Gate.

While you were reading, did you try in-&-out gently on your other hand? Later on, we'll experiment with stronger pressures, faster speeds, and different cycles for some astonishing effects.

Holding

Holding means simply keeping your hand and fingers still while contacting the Sacred Gate area. You can hold inside rosetta with more than one finger if space and comfort allow.

Holding can be done by pressing your fingertips or with the finger pads where your fingerprints are. Or you can press with the entire length of your finger. Also, you can hold by curving your fingers towards the prostate gland, which is actually the beginning of the come-hither stroke.

Because it's the gentlest maneuver, holding is a wonderful way to help a man relax and open to the intense flow of orgasmic Kundalini energy. This is vital early in a Sacred

Gate massage experience. If your partner is tense, nervous, or uncertain, be sure to hold for 10 to 30 seconds each time you enter deeper with initial in-&-out strokes. Wait for signs of relaxation or arousal before moving on.

Holding with stronger pressure or vibration can be extremely exciting as you'll read shortly. Holding is essential when the energy becomes almost too extreme to tolerate, for example just after an orgasm.

Did you try the holding stroke on your other hand? If not, play with it now for a moment before continuing.

Circling

Once penetrating with in-&-out, you can move your entire finger from side to side in a crescent-shaped motion over a sensitive area. This simulates the motion of a windshield wiper. If you pull out slightly at one side and push in at the other, you'll be **circling**.

Try both clockwise and counter-clockwise circles to determine if one direction feels better than the other. Another variation is to keep your hand still and make little circles with just your fingertips or pads. Once the Sacred Gate is engorged, this is a great technique to increase stimulation.

Adding pressure and speed to circling can create some wonderful sensations. As with all these strokes, try them out on your own hand first.

Come Hither

When really hot to trot, many men enjoy fingertip pressure on their swollen G-Spot. That's why so many lovers pronounce the **come-hither** stroke the best. In actuality, it's a modified in-&-out stroke. Since it needs to go deep, come-hither is easiest for most givers with the longest finger, the second.

To begin the come-hither stroke, use your second finger to slowly penetrate your partner as far as you can go with your palm facing towards vajra. As you reach into the wider space of the rectum at the top of the "in," curl your finger towards his belly and press up. Keep your finger curled during the "out" so it drags across the whole length of the prostate gland. That's one come-hither.

Just imagine what a wide spectrum of awesome sensations you can create by increasing pressure, speed, and surprise starts and stops.

How did that feel practicing on your other hand? Does it make sense why we described it earlier as crooking one or more fingers back towards your palm as if you were beckoning someone to come towards you?

Come-hither requires the deepest reach of the strokes. If you're worried that your fingers aren't long enough, don't despair. Soon we'll suggest some toys specially designed for male G-Spot massage.

EXERCISE: Strokes Discussion Questions

Journal or share the answers to the following questions with one another...

- What are the four basic strokes?
- Do you have any questions, doubts or anxieties before actually beginning the practice of Sacred Gate Massage?
- How are you feeling right now?
- Are you ready to go for it?

5.5 Practicing The Four Basic Strokes Section

Sacred Gate Self-Massage

If you can comfortably reach inside, we recommend you practice the four basic strokes on yourself with fingers first.

We suggest you start with self-pleasuring since these techniques are by their very nature a bit demanding. When you're working with a partner, you have lots of other things to concentrate on at the same time. Not to mention relationship dynamics, performance pressure, expectations, anxiety, differing agendas, and the like.

Once you master massaging your G-Spot solo, we'll provide ample opportunity to bring a partner in and teach what you've learned about yourself.

We know some men's anatomy and flexibility makes Sacred Gate self-massage challenging. If easily reaching inside is a challenge for you, you have several options...

- 1) Practice for short periods of time and when you begin to feel muscle tension, take a break and stretch.
- 2) Practice using sex toys. More about this shortly.
- 3) Start experimenting with the four basic strokes on a partner.

Before we dive into your rosetta, we have some universal Tantric suggestions first to make each practice session as stellar as possible.

The 5 Tantric S's

As you've learned, Tantra is conscious sacred sexuality. Sure, we applaud impassioned spontaneous quickies when the urge sweeps us both away. But most of the time that means we plan and prepare ourselves while creating the best possible environment for intimate connection, sexual pleasure, and spiritual awareness.

If you're new to sacred sexuality, we want to remind you to make each encounter Tantrically special as [Chapter 2](#) explained. [Tantric G-Spot Orgasm & Female Ejaculation](#) goes into greater depth than we've done here. But we don't want to nag and make practice instructions longer than they need to be.

So here's our proposal. In one place below, we've collected up all the preparations we suggest for creating a Sacred Space and making yourselves ready. Fortunately, each step

starts with an “S” so we call them the 5 Tantric S’s. Our abbreviation for the standard practice preparations we’ll always remind you to begin with: Supplies, Showering, Setting, Stretching, & Settling.

We suggest you print a copy of these directions and keep them nearby to refresh your memory. This will help you remember to do them any time you enter into Tantric LovePlay of any kind.

1. SUPPLIES

Before you begin, be sure to collect...

- pillows,
- props,
- water-based lubricant,
- massage oil,
- sex toys,
- condoms & other latex barriers,
- tissues,
- handiwipes,
- towels or absorbent pads like Luv Linens,
- drinking water,
- finger-food snacks,
- music & remote control, and
- anything else you think you might need.

2. SHOWERING

- Take a long languorous bath or shower to relax you, freshen your skin, and cleanse your body and energy. Do this together for partner practices.
- Clean and trim your nails. If the giver’s hands are rough or cut, plan to use latex gloves for any kind of penetration.
- Empty your bladders and bowels.
- Beautify yourselves, dress seductively, and adorn yourselves with loose sensual clothing and jewelry, even if you’re alone.

3. SETTING

- Schedule ample time without a tight schedule.
- Insure privacy and quiet, free from possible distractions and interruptions. Turn off the phones, and lock the door.
- Make sure the room is well heated.

- Beautify your room by decorating with art, wall-hangings, sarongs, flowers, incense, soft lighting, candles, power objects, altar, etc.
- Put on some soft, sensuous, or erotic music as you prefer.
- Arrange your bodies to be comfortable, visible, and open to loveplay on one or more towels or pads.
- Create a Sacred Space as you practiced earlier.

4. STRETCHING

- Do a little stretching or any yoga postures you know that create flexibility and promote the flow of energy.
- A nice way to connect intimately with a partner at this point is to stretch out in a spooning position with the receiver on the inside. Then breathe together several times into each of the chakras.

5. SETTLING

- Use whatever spiritual practice best calms and centers you for a few moments.
- Sit quietly, meditate, gaze into each other's or your own eyes in the mirror, share affirmations of love and affection, recall times and places of pure joy, or anything else that makes you feel good.
- Put your awareness on rosetta, breathing slowly and gently to aid in relaxation.
- Ritually undress each other, whispering endearments and compliments as each part of the body is revealed.

PRACTICE: Solo Sacred Gate Strokes

Comments

Instead of approaching self-exploration in a clinical detached way, we recommend you enter into the ritual space of honoring yourself, your body, and your spirit in a sensual way. You're about to discover divine secrets hidden for too long.

You've already searched for your G-Spot area. If not, do the Solo Sacred Gate Discovery Practice from the previous chapter first or incorporate it into the following steps.

You do realize that your only aim here is to feel pleasure, right? Don't anticipate complete relaxation all at once. Total healing in one session is not the point. Orgasm isn't the goal. Expecting mind-blowing fireworks every time is not your purpose.

Remember, if you feel any physical strain, emotional tension, or strong resistance, only go as far as is comfortable, take a break, and relax. If you can't make any body position work this way, skip to the sex toys practice that follows.

Purpose

To experiment with the four basic Sacred Gate massage strokes to discover what you prefer.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, & Settling.

Use whichever the positions you found most comfortable during the Prostate Self-Discovery Practice.

Arrange yourself in front of a mirror for this solo practice if you can.

2. STIMULATING

Caress your whole body, long and sensuously, with oil if you want. Don't ignore anywhere, but begin without total focus on your most erogenous zones. As you heat up, concentrate more on vajra and his neighborhood, your devamani, perineum, and outside rosetta. Continue stimulation until you're highly aroused and craving more.

3. ENTER CAREFULLY

Put on a latex glove or finger cot if you prefer this extra hygiene step. With lots of lube on your finger and rosetta, gently and gradually insert a finger as you learned in the Prostate Self-Discovery Practice.

4. IN & OUT & HOLD

Using one finger, begin the in-&-out stroke slowly and gently, gradually going deeper. Each time you penetrate a little further, stop and hold until you're ready to continue. If you pay careful attention, you'll know to move on when you sense you've relaxed, become more present and sensitive, or experience stronger pleasure. As your Sacred Gate swells, explore its center, sides, gutters, and tail. If you can, experiment with two or more fingers to see what you prefer.

5. CIRCLING

After you've reached as deeply inside as you can with in-&-out strokes and holding, begin circling around your G-Spot. Try windshield wipers first and then circles. Experiment with small and larger circles until you can tell how each feels and what you like best right now.

6. COME-HITHER

Now practice the come-hither stroke. Try different finger bends, depths, and angles. Try shallow, deep, short, and long strokes. Use one, two, or more fingers if you can. See what you prefer.

7. ENJOY

If you're turned on and still comfortable, continue and enjoy yourself without agenda. Your assignment at this point isn't to press harder and speed up. Simply appreciate the long slow sensual excitement you're creating. But if you want to go for it after enough subtle stimulation, wonderful. Celebrate any new highs, peaks, and orgasms you give yourself.

8. CLOSING

When you decide to end your session, gradually relax and slow your movements down and withdraw. We really like the energy connection of one hand on your rosetta plus the other hand on your heart at this point. Simply feel your body, mind, emotions, and spirit. Reflect what was best, what you discovered, what you want more of, what you want less of next time. Close your Sacred Space with a bow, hug, or silent or even verbal acknowledgment to yourself.

Afterthoughts

You may want to repeat this practice again or many times. One of the beautiful advantages of Tantric practice is how repeated pleasure heals and reveals new sensations. If you find you can only feel pleasure so far in your first self-ritual, honor where you're at. Come back repeatedly to self-pleasuring and you may well discover your inhibitions and negative energies gradually and naturally dissipating all by themselves.

Adding Sex Toys To Your Repertoire

It's difficult for many men to comfortably reach their G-Spot themselves. If your beloved's fingers are not long enough, the position needed for continued prostate stimulation may be too demanding for extended partner play as well.

Kids love the holidays because of the new toys they receive. Fortunately, in its divine wisdom, the universe gave us lots of adult toys to play with any time of year. Some can add to your sexual pleasure immensely.



Why not take advantage of them for new and exciting experiences right away? That's one of the reasons we have our own [Adult Products Store](#) with hundreds of safe, fun, and exciting options. Oh, yes, they've all been blessed by the Tantric guru so they're sacred too. Choose what you want [here](#).

Using sex toys helps many men learn more easily about their Sacred Gate on their own. A G-Spot massager, a specially curved wand, a simulated vajra, or a vibrator may accelerate the awakening of this most powerful orgasmic trigger.

Yes, we mean dildos and the like. Again, we're not trying to make your sex life totally kinky, but if it you like it, enjoy! We're behind you all the way. (Oh, sorry, that was a bad one.)

Some Tips From Those Who've Been In There Before

Flexible toys for insertion are safer than rigid ones, allowing less chance of hurting yourself. Be sure you get a butt plug made out of a seamless, non-porous material so it can be thoroughly and easily cleaned.

Though your appetite may grow eventually in favor of larger visitors, we prefer the slim ones that are one inch (2.5 cm) or less wide. To reach all the best places, they don't need to be very long either, 6 inches (15 cm) is more than enough.

Choose a shape that appeals to you. Somraj's current favorite has a handle like a pistol that rotates up to 90 degrees from the insertable part. You may prefer or abhor ones officially labeled "dildo." Yes, if you get one of those, you'll be putting a penis-shaped object inside your asshole.

You want one with a flared base, end, or handle. We've heard of too many embarrassing and painful ER visits from toys lost inside the deep dark recesses of the rectum. You don't want to join this crowd that has to brave the ridicule of emergency room staff, believe us.

Once you get yours, wash it and check it carefully to be sure there are no rough surfaces, burrs, or protruding parts. Warm it, turn yourself on, loosen yourself up, and apply lavish lube before testing it out. Many players use a fresh condom each time they insert a toy into rosetta for extra hygiene.

A Plethora Of Anal Toys For Your Self-Pleasure

Here are some of our favorite tools...

Butt Plugs

The most basic of toys for rosetta penetration is the butt plug. There are all sorts. In contrast to a dildo which is shaped like a vajra, butt plugs are typically flared in the middle so once inserted past your sphincters, they stay in by themselves.

There are many catalogs and websites where you can buy sex toys specifically designed for anal play. So unless it turns you on, you never have to visit your local adult store.

In our dedicated [Adult Products Store](#), we have 263 different butt plugs

which you can browse by clicking [here](#).

Anal Dildos

When you choose a dildo, you'll want one that's long enough to reach your G-Spot area. Our favorite ones are designed with a bend to reach around to the prostate. Some are flexible and you can bend them into just the right come-hither angle. Some come with vibrators as well.

Today you can find sex toys in all colors and materials. Be sure they're washable and you give them a good scrubbing with soap before and after each use. The soft ones that simulate skin feel more natural. Just be sure you don't get one with an absorbent surface. If you do, you'll need to use a fresh condom for each use so bacteria don't seep deep into the material.

Creative sexy types have developed a whole host of other devices that may turn you on back there big time. Check them all out [here](#).

Vibrators

Many butt plugs and dildos have little vibrators inside. You want a battery powered one whose strength is adjustable. When you're ready for your first ride, insert it first before you turn it on. Then, be sure to use the low setting at first.

Once you develop a taste for something inside rosetta, it's a real treat to keep it there while vajra is inside yoni.

If you're really committed to exploring, you can browse the nearly 1000 vibrators in our [Adult Products Store](#) by clicking [here](#).

Crystal Wand

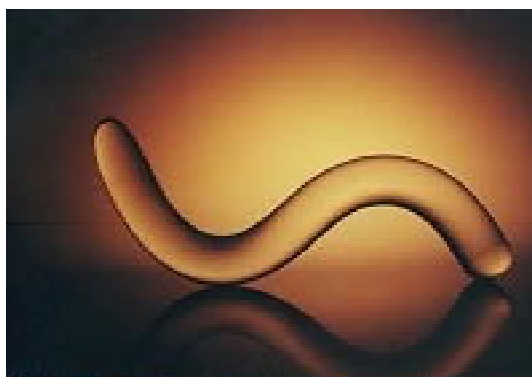
Our favorite all-purpose G-Spot stimulator is the [Crystal Wand](#).

The Crystal Wand is a clear S-shaped plastic sex toy specially designed to easily reach and stimulate the male and female G-Spot. As you now know, sometimes these two pleasure areas are normally difficult to reach and stimulate on your own.

The Crystal Wand is a sensuously curved 10 inch (25 cm) plastic rod that's 7/8 inch (2 cm) diameter. Its hard Lucite construction provides firm stimulation and its S-shape allows a firm grip with maximum leverage.

A Crystal Wand is a valuable addition to any toy stable that allows the giver to reach deeper and apply the right pressure and vibration when and where it counts. Used with a partner, or by oneself, the Crystal Wand has a variety of uses and staying power. It comes with an instruction booklet and a velvet carrying pouch.

The Crystal Wand is a beautiful erotic art piece on its own! For more details and to order yours confidentially today, click [here](#).



Aneros

The [Aneros Male G-Spot Stimulator](#) is one of a kind. It's a medically researched, designed, and patented sex toy for simultaneous male prostate and perineum self-pleasuring.

The Aneros is approximately one inch (2.5 cm) in diameter and has an insertion length of approximately four inches (10 cm).

It's made of non-porous FDA approved material and can easily be cleaned with hot, soapy water. The Aneros is much easier and cleaner to use than a finger, and applies much more focused pressure than a dildo or vibrator.

This odd-shaped small plastic device has two rounded wings and a circular handle. After its amazingly easy insertion, one of the small plastic wings presses against the prostate inside while the outside wing presses against the external Perineum Point.

The secret of the Aneros lies in the user's pelvic muscles. Contraction of the anal sphincters automatically applies pressure to the male G-Spot, stimulating the prostate's neural plexus. In other words, stimulation is totally under your own hands-free control.

Repeated exercise builds strength of anal sphincters and PC muscles so vital in the quality of male orgasm. Users of Aneros report...

- Increased vajra sensitivity which can restore lost erections.
- Improved strength, hardness, and longevity of erections.
- Greater orgasm intensity and with longer duration.
- Incredible dry orgasms which send cascades of pleasure waves throughout the body.

It's highly effective for doctor-recommended prostate massage to release congested fluid and inflammation.

For more details and to order yours today, click [here](#).



PRACTICE: Solo Sex Toy Strokes

Purpose

To experiment with the four basic Sacred Gate massage strokes using sex toys to discover what you prefer.

Comments

If you had trouble experimenting with the four basic strokes with your fingers, repeat the Solo Sacred Gate Strokes Practice with a sex toy. Even if you succeeded manually, why not go for it? Get yourself a couple of sex toys to play with, and see what new things you can discover.

If you prefer, especially if your tools have a soft or porous surface, cover them with a fresh condom before penetration.

Remember, you're seeking a gentle introduction so there's no shock, no surprise, no assault. Don't hesitate to add more lubricant any time you feel any dryness or pulling.

If you have several dildos, an Aneros, and a Crystal Wand, experiment with them, varying speed and depth, to see what you prefer.

The best equipment allows practice with the ever-popular and powerful come-hither stroke. This is where the Crystal Wand's curved shape excels because it gives you leverage to reach around behind your pubic bone and drag all the way out.

With Aneros, you can do this move simply by squeezing your PC muscles.

Partner Sacred Gate Massage

Now is the time for a partner to practice the four basic Sacred Gate massage strokes. If the receiver relaxes and opens his senses as much as possible, great learning will probably occur for both of you. To help you achieve this we offer some last-minute reminders for both of you...

Giver Reminders

Givers, do whatever you can to make your partner feel safe. Build intimacy and trust through a laid-back supportive attitude, going slowly, and maintaining lots of eye contact.

Be aware that men will know how good something feels but they probably won't know what strokes you're doing inside. Explain what you're about to do before any major changes and what you're doing in each moment. Then you'll help your Shiva learn about his own turn-ons.

If you're not sure how something feels, ask yes or no questions. Adjust based on his guidance. Tantra is all about raising consciousness. Here's your chance to assist that personal process.

Pay special attention to hygiene at all times. Trim your fingernails short and make sure they're smooth. The cleanest way to enjoy anal play is by using latex gloves. Be sure to get the ones without talcum powder so that rosetta's delicate tissues stay

free of irritants. You can also get latex cots, like the fingers of a glove, to cover one or all fingers.

Always, and especially with latex covering, remember to use copious amounts of bottle-born water-based lubricant.

And you won't forget to ask permission before inserting anything, right? Alerting him when you intend to change strokes is a part of this.

Reminders For the Man Receiving

Stay alert, open your senses, and communicate. Let your partner know what you're feeling, good, bad, or indifferent, and what you want. If you're not sure, experiment together. You can't get it wrong.

You'll see lots of references to deciding what you like best. It's fine if you like everything. As you practice more and more, you'll become more aware of what's happening inside, what feels which way, and what would feel good in the moment. Learn to flow with your intuition and try out whatever occurs to you.

If you're not sure about something, say so and, if you're willing, agree to do a short test. Be sure to use much more positive feedback and expressions of turn-on than corrections. You don't want your giver to get discouraged or resentful at such a vulnerable juncture, right?

Reminders For Both

We urge you to both read the preamble and step-by-step directions before you start any practice in this ebook. It's a great idea to go over the steps together, too.

Remember, there's no other goal than pleasure. Your purpose here is to create good feelings as you experience the moment. If either of you experience any physical strain, adjust your position until you're comfortable. Cramped muscles for either giver or receiver can block the energy flow you're trying to create

If the receiver runs into any emotional tension or strong resistance, only go as far as you can without having to push. Instead, take a break, and relax. Discomfort may signal the need for more repeated Pelvic Healing practices in the next chapter. Or it just may be that you, the receiver, prefers baby steps while awakening new territory.

PRACTICE: Partner Sacred Gate Strokes

Purpose

To guide a giver to practice with the four basic Sacred Gate massage strokes so you can both learn what you like.

Comments

If you've practice solo, be sure to share what you learned with your partner before you begin. But since this and any Tantric LovePlay is a continually evolving learning process, don't worry if you learn more or things change along the way. Just stay in sync and have fun.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation.

For us long-term Tantric lovers, discussing the Partnering Questions are always a given before beginning any practice, whether you've done it before or not. Always discuss desires, concerns, and boundaries in the moment before beginning.

2. STIMULATING

Caress your partner's whole body, long and sensuously, with oil if he wants. Don't ignore anywhere, but begin without total focus on his most erogenous zones. As he heats up, concentrate more on vajra and his neighborhood, devamani, perineum, and outside rosetta. Be sure to use your communication skills to stay in touch and flow together. Continue stimulation until he's highly aroused and craving more.

3. ENTER CAREFULLY

After asking permission to enter and donning a latex glove if you want, generously add lots of lube to your finger and rosetta. Then, gently and gradually insert a finger as you learned in the Prostate Discovery Practices.

4. IN-&-OUT & HOLD

Ask permission to begin some strokes and then use one finger to begin the in-&-out stroke slowly and gently, gradually going deeper. Each time you penetrate a little further, stop and hold until he's ready for you to continue. If you pay careful attention, you'll know when to move on even without words by sensing he's relaxed, become more present and sensitive, or experiences stronger feelings of pleasure. This is a great method of energetically connecting with the often untouched recesses of his Shiva cave. Check in verbally as often as needed to stay in sync. And remember to add more of his chosen lubricant when there's any hint of friction or dryness or if he requests it.

5. CIRCLING

After you've reached as deeply inside as you can with in-&-out strokes and holding, begin circling around his G-Spot. Try windshield wipers first and then circles. Try both clockwise and counter-clockwise, first near the opening, then more and more deeply. Experiment with small and larger circles until you can tell

what's best. And don't forget with each change, verbalize what you're doing. He'll want to know.

6. COME-HITHER

Now practice with the come-hither stroke. Try different finger bends, depths, and angles. Try shallow, deep, short, and long strokes. Use one, two, or more fingers if he wants. Ask him to tell you which area or stroke is most intense. Again, always let him know what you're doing.

7. ENJOY

If he's getting turned on and is still comfortable, continue pleasuring him without agenda. Gauge giving more or less stimulation based on him moving towards or away from you. Simply let him appreciate the long slow sensual excitement you're creating. But if he wants to go for it after enough subtle stimulation, wonderful. Celebrate any new highs, peaks, and orgasms you create together.

8. COOL DOWN

When he decides to end your session, slow your movements down and withdraw gradually. If you go real slow, you'll find rosetta will push you out at just the right moment. Then, connect his inner flute with one hand on rosetta, one hand on his heart. Just let him feel his body, mind, emotions, and spirit.

9. CLOSING

Talk about what was best, what was discovered, what he wants more of, what he wants less next time. Close your Sacred Space, and then end with a Heart Salutation, bow, hug, kiss, or verbal acknowledgment.

5.6 Variations On The Theme Section

Make Love Like An Artist, Not An Accountant

The four strokes — in-&-out, holding, circling, and come-hither — are the basis for everything we know that Sacred Gate's like. With the nearly endless variations on these basic themes, it can seem a bit overwhelming to lovers new to the joys of Sacred Gate play.

Think of it this way. You're a painter who wants to capture the erotic form on canvas. The variables you can employ for your creation are style, lighting, size, proportion, and color, just to name a few. You know the basic tools of your craft, the primary colors, the way light plays on the hip and chest, the artistic modes you can choose from. With so many potential combinations in your mind, you can never decide analytically. So you just have to go with the flow and let the creative process sweep you along intuitively.

In much the same way, now both giver and receiver are going to focus on the different variations you can use with the basic strokes...

1. Pressure,
2. Speed,
3. Pattern.

Although he may have specific requests, let Shiva's turn-on be your guide. That's partly why it's so vital for the receiver to employ the four cornerstones of Supreme Bliss — breath, sound, movement, and presence. Then the receiver has ample cues for gauging his response to what's being done in each moment.

Increasing Pressure & Speed

Let's start with increasing the pressure of the four basic strokes. Slowly try a little more pressure with each stroke. Let the receiver guide how much pressure he enjoys at each level of arousal.

What's painful when he's just warming up can often feel quite light when he's raring to go for it. Many men find extremely strong pressure highly pleasurable when they're super turned-on.

Next, we'll play with increasing the speed of your basic strokes. As with pressure, ramp up gradually. Though there's a place for sudden shocks and surprises during lovemaking, you need to get to a consensual place together first. So speed up slowly, gauging your partner's reaction.

The fantasy of romantic novels suggests that good sex is losing control and being swept away. When first coupling, when long separated, when really needing a blow out — sure, there are times to go fast. But exploding all your sexual energy at once works against the Tantric avenue to higher states of ecstasy. Generating, conserving, recycling, exchanging energy, that's the prescription for long life-altering sacred lovemaking.

Teasing, Tantalizing, Or Going For It

Instead of always pushing to give our partner maximum excitement in every moment, we use lots of variety to expand and extend our energy. We rise to peak after higher peak as many ways as we can, stopping after each new surge to deeply feel the vibrations coursing through our bodies.

It's not so much teasing as it is savoring. Like sipping a fine wine versus gulping Gatorade after an intense workout. You want to roll it around your palate, tasting it different ways. Offering variety is one vital Sacred Gate massage skill, but it's different than reaching for orgasm.

When we want to go for it, our primary groundrule for lovemaking is to find something that's highly arousing and not change a thing — not stroke, not pressure, not speed. So another essential skill of the Tantric lover is to keep doing what you're doing when you get strong positive feedback.

As a giver, you want to please. So it's only natural that you want to go faster and harder when you see and hear how great what you're doing is making him feel. But then you've changed what was working.

We think too many women have trouble orgasming just for this reason. Their well-meaning partners push faster and harder just when they find the trigger. Instead of coming, their partner numbs out. So let's not make that mistake with your man's Sacred Gate. By going too fast and hard for what he wants at that moment, he may get numb, sore, or turned-off.

So givers, your basic guideline during the coming practices is: notice what your partner is loving and keep doing it the same way until he asks for a change. You can always ask him if he wants a change.

PRACTICE: Increasing Pressure & Speed

Purpose

Here's your opportunity to play with increasing the pressure and speed of the four basic G-Spot massage strokes.

Comments

This practice assumes you will do these steps with a partner. If you don't have one handy or prefer experimenting solo, by all means try this out yourself first.

We'll also expect that you know to add more of your chosen lubricant when there's any hint of friction or dryness without further reminders from us. If at any time while you're increasing speed and pressure, he experiences burning, painful, or numb areas, make a mental note and back off.

Our aim here is pleasure from Sacred Gate massage. If you're not having great fun, this may mean you need one or more sessions of Pelvic Healing as described in the next chapter before you can complete this practice with complete satisfaction.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions — desires, concerns, boundaries — in the moment before beginning.

2. STIMULATING

Caress your partner's whole body, long and sensuously, with oil if he wants. Don't ignore anywhere, but begin without total focus on his most erogenous zones. As he heats up, concentrate more on vajra and his neighborhood, devamani, perineum, and outside rosetta. Be sure to use your communication skills to stay in touch and flow together. Continue stimulation until he's highly aroused and craving more.

3. USE ALL 4 BASIC STROKES

Begin as you did in the previous practice with the four basic strokes. After asking permission to enter rosetta and gloving up, use the one finger in-&-out stroke slowly and gently, gradually going deeper. Each time you penetrate a little further, stop and hold until he's ready for you to continue. Warn him as you transition to circling his Sacred Gate first and then using come-hither at the same slow speed and gentle pressure.

4. INCREASE PRESSURE

When you feel his Sacred Gate swell more, cycle through the four basic strokes again but this time with a little more upward pressure. Explain before you change strokes each time, and be sure to check in verbally as often as needed so you stay in sync. If he's open enough, you can experiment with two or more fingers to see what he likes best with harder pressure.

5. INCREASE SPEED

Return to a gentler pressure with one finger and cycle through the basic strokes again but this time a little faster. Explain before you change strokes each time, and be sure to check in verbally as often as needed so you stay in sync. Again, experiment with two or more fingers if he wants.

6. INCREASE BOTH PRESSURE & SPEED

Now that you've played with all the basics, use your creativity to experiment using increased pressure and speed with the basic strokes. With warning, try different combinations using one or more fingers. Watch carefully to see what he likes and what he doesn't. Keep your communication channel open and flowing completely. Though a lot of talking may distract from his pleasure, remember that you're still exploring. Soon you'll have the tools to be synchronized and go for maximum turn-on without much verbalization.

7. ENJOY

If he wants to explode as a reward for all this hard work, by all means accommodate him.

8. COOL DOWN

When he decides to end your session, slow your movements down and withdraw gradually. Connect his inner flute with one hand on rosetta, one hand on his heart. Just let him feel his body, mind, emotions, and spirit.

9. FEEDBACK

Discuss how the practice went for both of you. What did you both learn? What worked best? What did you learn to look out for? Did you find any sensitive areas that need healing before he can be thoroughly open? What does he really really want more of? What suggestions does Shiva have for his beloved giver?

10. CLOSING

Close your Sacred Space, and then end with a Heart Salutation, bow, hug, kiss, or verbal acknowledgment.

Additional Variables

Besides adjusting pressure and speed, there are many more ways to vary the basic G-Spot massage strokes. Variables in Sacred Gate massage include different ways to start, change, and end the pattern of stroking you're using. We call them stopping, vibrating, tapping, milking, and withdrawing.

Stopping

Stopping simply means to cease whatever motion you're doing and hold. It's not pulling out, it's simply halting your motions and holding steady in one place.

For example, you're sliding in-&-out with a fair pace and pressure when he suddenly starts shaking all over. Don't be alarmed, he's just having an energy orgasm. If you stop once he's absorbed in his peak, he'll simply focus on his inner sensations. You don't want to distract him from running the energy all over his body so he can learn

to full-body orgasm.

Stopping is helpful if you sense you've sped up too quickly, see that he's grimacing from strong pressure, or feel that he's numbing out from too much, too fast. The short still break helps him relax, ground, absorb, and spread the energy that he's created, increasing his capacity to feel pleasure.

Vibrating

Vibrating is moving your hand or fingers a very short distance extremely fast while staying connected with one wall inside rosetta. It's an exciting stimulus for any erogenous zone because it simulates the quivering in the nervous system that occurs during and after orgasm.

You can vibrate up and down by putting and interrupting pressure on the G-Spot. You can vibrate side to side over the gland's tissue. You can vibrate just one finger slightly, or move your whole hand and arm to vibrate the entire pelvic area. And you can use two or more fingers to spread the shaking sensation more widely. There are lots of variations of speed and pressure you can use for vibrating. Try them all and see what lights his fuse at different times.

After some intense excitement, stopping, holding, and gently vibrating the Sacred Gate is a great change of pace.

Tapping

Tapping means lifting up off the Sacred Gate and rapidly coming back down on the tissue again with some force. Tapping is most often done with fingertips but can also be done with the flat of the fingers. Though there's a whole spectrum of speeds and pressures for tapping, doing it intensely is remarkable.

Milking

You can "milk" engorged tissue with rhythmic deep pressure. Hold your fingers in a come-hither position curled around the Sacred Gate. Squeeze upwards tightly as if you're trying to make a fist with your fingers. Then release and relax. As with other strokes, vary speed and pressure for different sensations.

Withdrawing

The final version of interrupting your strokes is withdrawing your fingers suddenly. The contrast of intense stroking followed by emptiness is very exciting for some men. Don't completely disconnect when you withdraw. Keeping one hand covering his jewels is a comforting way to stay plugged in energetically.

Pulling out at the onset of orgasm often precipitates a freer orgasm. We believe this is because withdrawal relieves the pressure, while at the same time simulating the push-out of the PC and anal muscles that accompany climax.

PRACTICE: Practice Varying Your Strokes

Purpose

To give you a chance to experiment with all the possible variations of the four basic Sacred Gate massage strokes.

Comments

Do we have to keep reminding you to ask permission, alert him to changes, and check in if you're not sure how you're doing? We hope not. We'll trust you on this one from now on. Since he's reading these directions along with you before you start, what you're planning to do won't be a surprise.

But to add in the element of surprise, explain to him that there's two actions that work much better without warning: stopping and withdrawing. If it's OK with him before you start to throw these in unexpectedly, you've got all the permission you need.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions — desires, concerns, boundaries.

2. STIMULATING

Caress your partner's whole body, long and sensuously, with oil if he wants. Don't ignore anywhere, but begin without total focus on his most erogenous zones. As he heats up, concentrate more on vajra and his neighborhood, devamani, perineum, and outside rosetta. Be sure to use your communication skills to stay in touch and flow together. Continue stimulation until he's highly aroused and craving more.

3. VARY THE 4 BASIC STROKES

Begin as you did in the previous practice with the four basic strokes. Use in-&-out, holding, circling, and come-hither with one or more fingers at different speeds and pressures. Include everything you've practiced so far according to your developing judgment and your partner's responses.

4. PRACTICE STOPPING

When you sense he needs to take a breath or bask in a peak of sensation, stop all motion without warning. With his OK, after a brief pause resume what you were doing before the hiatus.

5. PRACTICE VIBRATING

Experiment vibrating one finger or more with different frequencies and momentum.

6. PRACTICE TAPPING

Try tapping in different places with one fingertip gently at first. Add more pressure and more surfaces while getting feedback about what turns him on and off.

7. PRACTICE MILKING

At a point of peak excitement, grab his Sacred Gate and milk it. Watch for his reaction and respond to his guidance about how fast, hard, and deep it feels good. If he's really excited when you hit the perfect combination, don't be surprised if he enjoys a wonderful explosion.

8. PRACTICE WITHDRAWING

If you sense internal contractions or an impending wave of energy, draw your hand out suddenly. After experimenting in response to different signals you should get an idea about what pattern works best for him, if any.

9. FEEDBACK

During your standard cool down steps, discuss how the practice went for both of you. So what did you both learn? What worked best? What did you learn to look out for? Did you find any sensitive areas that need healing before he can be thoroughly open? What does he really really want more of?

10. CLOSING

Close your Sacred Space, and then end with a Heart Salutation, bow, hug, kiss, or verbal acknowledgment.

Ramping Up Scenario

Up to now you've both been learning the notes, scales, and chords of this new form of music. We certainly hope you resonate with it as much as we do. Now that your apprenticeship is over, it's time to create beautiful music together with this new instrument you've mastered, the male G-Spot.

Whereas before your primary intent was to learn the strokes and variations, now you're going to use them for maximum pleasure. Remember, in Tantra, orgasm isn't our goal. If you've had one or more already, wonderful. If not, don't sweat it.

Seek to use your newfound skill and awareness to create as much pleasure as you can for as long as you can. During this new stage of Sacred Gate play, you may or may not "come" in the classic sense. Pleasure and ecstasy is your primary focus. But if orgasm sweeps you away on this climb of its own accord, enjoy it. Just keep going. If you find yourself coming multiple times, so much the better.

Just keep your consciousness focused on the whole rainbow, not any specific pot of gold. By using Sacred Gate massage to generate vast amounts of orgasmic energy, you'll discover new states. And undoubtedly experience profound healing along the way.

Climbing The Orgasmic Ladder

Many lovers move up the orgasmic ladder in stages. They build some excitement, and then relax and enjoy it before going higher. Givers, you can tell when your partner wants to level off. His motions, moans, and breath will slow down. He may even pull away from your finger.

If you sense this leveling, lighten your pressure and slow your strokes. Wait until he demonstrates that he wants more by moving again or asking for it. This climbing/level-

ing pattern may repeat multiple times. Just stay alert, hang on, and enjoy the ride.

Should you as a giver intentionally tease your partner? Though it might look that way to the outside observer, that's not really your aim. What's really going on is helping your lover create and flow Kundalini energy without an agenda. For example, as strong inner convulsions begin to sweep through him, you recognize this and don't change a thing until he needs to relax into the powerful forces inside.

To assist him in ramping up higher and higher, the giver can adopt the role of ecstasy coach, reminding him as needed about breathing slowly, relaxing while aroused, moving erotically, and staying focused. Strong attention to the four cornerstones of Supreme Bliss — breath, sound, movement, and presence — will help him peak, plateau, and hover on the verge so he'll reach higher and higher levels of ecstasy.

By the way, givers, we suggest you also use the four cornerstones yourself. Not only will it turn your partner on if you breathe and sound right alongside him, but you'll find you have much greater sensitivity to his energy. It's a wonderful win-win if you feel the powerful orgasmic forces you're helping create in your partner simultaneously surge through your body.

Chill Out, It Takes Time To Shift Lifelong Patterns

The final Sacred Gate massage practices employ all the strokes and variations you've practiced so far. Your intent is to repeat them over and over and ultimately make them an integral part of your lovemaking. The more you practice, the better you'll get. The more you talk with your lover about things and learn from each encounter, the more pleasure you'll have. The more open and flexible you are, the more sexual power and healing you'll experience.

As your Sacred Gate play becomes more freeform, it becomes increasingly vital to use the Partnering Questions before each encounter. Use what you learn during each session as a springboard for exploring new dimensions next time. Thorough feedback after cooling down each time is essential.

Then before the next encounter, you can discuss new and continuing desires, concerns from the previous sessions, and any boundaries you want to set, at least for the start. You're attempting to shift lifelong sexual momentum so don't push for instant gratification. Celebrate progress with each little baby step.

Remember, establishing desires works best when you reach for general intentions like "I want to be able to relax more and absorb more sensation," not setting specific goals like "I want to have the biggest orgasm ever within 15 minutes." Otherwise you could get hung up focusing on expectations for the future instead of fully experiencing the moment.

Also, explorers sometimes find themselves taking wrong turns, heading up blind canyons, and having to backtrack. Here's a good place to take the new age maxim to heart: enjoy every step of the journey. The destination is always a varied landscape.

If your man becomes uncomfortable, sore, or distracted, accept it. Ease off what

you're doing, decreasing speed, pressure, or intensity of your stimulation. If needed, switch to other forms of loveplay such as sensual massage, oral play, or jewel union. Come back to the Sacred Gate later when he's interested again.

Two Versions Of The Practice

Two versions of the Maximum Pleasure practice follow. One is designed to help the giver develop heightened sensitivity to their partner's subtle energies and non-verbal signals. We call it the Maximum Pleasure By Intuition Practice. In this version, the giver leads.

It's a major challenge for many lovers, women as well as men, to find out what they like. They simply don't know what turns them on, how to go about discovering it, or how to describe it once they figure it out. To ask for maximum pleasure in the moment can really stretch even those of us who think we know ourselves well.

So during the second version, the Maximum Pleasure - Receiver Leads Practice, the one who's being penetrated guides the action completely. The aim here is for him to guide the proceedings towards what turns him on. This is a fantastic growth step for men who are used to being completely absorbed in their lover's pleasure. If they exercise the power to lead the entire sexual encounter, they embrace a whole new energy stance and mindset.

This receiver-leading version is a chance to truly live the Tantric maxim that we're each totally responsible for our own pleasure. If the giver hasn't yet developed a great love of following and being in service to their beloved, this version is a wonderful opportunity to learn ultimate surrender.

Which version should you start with and concentrate on? Though we've listed the intuition one first, we really can't say. If you're not sure where to start, try them both out briefly to decide which is better for you at this point. Each time, be sure you're especially explicit about which version of the practice you're doing.

You're not just learning techniques. You're changing your sexual dynamics with every breath, every time.

PRACTICE: Maximum Pleasure By Intuition

Purpose

To reach maximum pleasure through Sacred Gate massage while the giver develops and follows their own intuition.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions — desires, concerns, boundaries. Be especially clear about what direction you want this experience to move in. Check out what changes the receiver wants you to ask permission before doing.

2. STIMULATING

Caress your partner's whole body, long and sensuously, with oil if he wants. Don't ignore anywhere, but begin without total focus on his most erogenous zones. As he heats up, concentrate more on vajra and his neighborhood, devamani, perineum, and outside rosetta. Be sure to use your communication skills to stay in touch and flow together. Continue stimulation until he's highly aroused and craving more.

3. BASIC STROKES & VARIATIONS

Giver, according to the likes and dislikes of the receiver, employ in-&-out, holding, circling, and come-hither along with a variety of pressures, speeds, and fingers.

4. RISE TO HIGHER LEVELS OF PLEASURE

As your partner heats up and his Sacred Gate swells, giver, use the complete spectrum of moves you've learned to guide him to higher and higher plateaus of pleasure using pressure, speed, and interruptions.

5. LISTEN TO YOUR OWN INTUITION

Giver, reach out with your senses to finely hone your intuition. Listen to your own inner signals about what he's feeling, what he wants, and what would feel best now. At first, check them out with him. As the messages inside become clearer, you can begin to flow spontaneously without much thought.

6. RESPOND TO HIS SIGNALS

Giver, stay carefully tuned in to his breath, sounds, and movement. Breathe, move, and make sounds in rhythm with him to feel his energy in your body. If he forgets any of the four cornerstones, gently remind him by saying things like "breathe, breathe" or "relax and dance with me." If he asks for something, certainly comply.

7. DON'T CHANGE WHAT'S WORKING

Once he's reached a high level of arousal, giver, pay careful attention to not changing what's working. If he wants something different, he'll ask or calm down. If that doesn't happen, when he's responding strongly to a stroke, move, or pattern, keep it going. Avoid the natural tendency to speed up with more pressure

to make him come. More is not always better.

8. IF HE ORGASMS

If he comes of his own accord, enjoy it. As he begins to calm down, hold still. He'll be extremely sensitive for a few moments afterward. If he wants to continue, mirror his movement when he starts moving. Or you can ask "would you like more?" and proceed accordingly.

9. CLOSING

Along with the sweet routine of maintaining physical contact, curling up together, and breathing in unison until your metabolisms return to normal, be sure to fully discuss both of your experiences. Make sure you decide what you want to do more of, less of, and practice next time.

Close your Sacred Space, and then end with a Heart Salutation, bow, hug, kiss, or verbal acknowledgment.

PRACTICE: Maximum Pleasure - Receiver Leads

Comments

These directions are very similar to the previous practice with one major adjustment. Givers, don't do anything at all unless you're asked. If he asks for something, immediately comply. If you're uncertain, ask yes/no questions to decide what to do if anything.

Contrary to earlier practice, these directions are written to the receiver.

Purpose

To guide your lover to help you reach maximum pleasure through Sacred Gate massage.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, Settling, & Stimulating. Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions — desires, concerns, boundaries. Be especially clear about the direction you want this experience to move in. Ask your partner directly not to act without your specific instructions.

2. STIMULATING

Tell your partner how to caress your whole body, long and sensuously, with oil if you want. Make sure your giver doesn't ignore anywhere, but begins without total focus on your most erogenous zones. As you heat up, ask for your beloved to concentrate more on vajra and his neighborhood, devamani, perineum, and outside rosetta. Be sure to use your communication skills to keep your giver up-to-date on what's happening with you. Make sure stimulation continues until you're highly aroused and craving more.

3. BASIC STROKES & VARIATIONS

Guide your partner to employ in-&-out, holding, circling, and come-hither along with a variety of pressures, speeds, and fingers. Remember, you choose what you want when.

4. RISE TO HIGHER LEVELS OF PLEASURE

Using the entire range of moves you've discovered you enjoy, ask for different strokes, fingers, pressures, speeds, and interruptions according to what feels best in each moment to rise to higher and higher plateaus of pleasure.

5. COMMUNICATE

Communicate as much as your state of arousal allows. Use one-word sentences, sounds, and movements to guide your giver. If you get to the place where words distract you, you can give your partner permission to follow your breath, sounds, and movements. Just be sure you don't abdicate control with a blanket "do whatever you want." That's the other version of this exercise. Instead, give a focus or direction to your partner with statements like "Follow me deeper and deeper" or "Speed up as I speed up."

6. BE RESPONSIVE & GIVE AMPLE SIGNALS

Use the four cornerstones of breath, sound, movement, and mental focus to continuously expand your pleasure and give ample cues to your giver. If you want, ask your coach to breathe, move, and make sounds in rhythm with you to feel YOUR energy in THEIR body. Let them know if you want gentle reminders if you forget any of the four cornerstones.

7. FOLLOW YOUR OWN INTUITION

Be open to whatever happens and let it be. Listen to your own inner signals about what you're feeling, what you want, and what would feel best now. Play, test, and experiment with whatever pops into your mind to your heart's (and body's) content. As the messages inside become clearer, you will begin to guide and flow spontaneously without much thought.

8. DON'T CHANGE WHAT'S WORKING

Once you've reached a high level of arousal, pay careful attention to stay with it. Use signals like "more, more" or "perfect." When something is really turning you on, see how much sensation you can absorb and appreciate. Remind your partner and yourself to avoid the natural tendency to speed up with more pressure when something produces a really strong reaction.

9. IF YOU ORGASM

If you orgasm, enjoy it. Though a higher level of pleasure is your aim here, you can't get it wrong whether you do or not. If you do orgasm, hold still at least for a moment after you go over the top to judge if you want to continue. You'll probably be extremely sensitive for a few moments, but continued stimulation may be something new you want to experience. If you do, go for it!

10. CLOSING

Along with the sweet routine of maintaining physical contact, curling up together, and breathing in unison until your metabolisms return to normal, be sure to fully discuss both of your experiences. Make sure you decide what you want to do more of, less of, and practice next time.

Close your Sacred Space, and then end with a Heart Salutation, bow, hug, kiss, or verbal acknowledgment.

5.7 Closing

As you've read, many of the practices in this ebook are designed to be repeated over and over for greater learning and deeper feelings. Never was this more true than with these last exercises focused on maximum pleasure.

To get to this point, you learned that pleasurable Sacred Gate Massage is dependent on some prerequisites for both the Shiva who's receiving and for the giver. For maximum ecstasy, Shiva needs...

- Relaxation
- Communication
- Arousal
- Empty Bladder
- Lube
- Drop Expectations.

The giver needs...

- Privilege
- Presence
- Patience
- Partnering
- Pilgrim
- Permission

You learned about the positions for receiving Sacred Gate massage...

- On back with legs spread*
- Sitting underneath one of his legs
- Lying beside him
- Sitting by the bed
- Upright on his knees
- Squatting*
- On hands and knees

*These are generally best for self-pleasuring.

You learned the importance of using fingers for G-Spot play. It's definitely the place to start as you gain confidence in both of your abilities to find the Sacred Gate and gain great pleasure from it.

In addition you had a chance to practice the 4 strokes...

- In-&-out
- Holding
- Circling
- Come Hither.

We hope you have talked extensively about the ways Shiva prefers these strokes. And perhaps you have enjoyed the experimentation with a sex toy to aid in both self-pleasuring and exploring the Sacred Gate with a partner.

As you, the giver, increase your skills, you may be finding that you are feeling more of an artist with your beloved partner as the canvas. We encourage that you branch out into multiple variations such as the speed and pressure, as well as stopping, vibrating, tapping, milking and withdrawing.

We sincerely want you to sense the never-ending variety of sacred sexuality and Sacred Gate play. As you integrate the attitudes of “pleasure in the moment” and “self-love as a reflection of the divine,” we guarantee you’ll never have a boring moment of sex play, ever again.

And finally, the first of the advanced practices tests the giver’s intuition and ability to flow with Shiva’s energy and signals. The second focuses on the ability of Shiva to verbalize his wants and needs, explicitly and convincingly. Both of these practices may challenge your old way of knowing about sex. We hope so.

Tantra is a journey. There is no destination. The only goal is pleasure expressed, orgasmic energy and ecstasy. You are a child of the Divine. Enjoy all of who you are and all that you feel. Celebrate.

Chapter 6: Pelvic Healing

“Our strongest resistance is the resistance to ecstasy because we sense that to succumb to it we must abandon all certainty, abandon what we have put so many years into constructing. We must abandon our philosophy of life, our beliefs, our ideas, even the concept of the void, even the concept of the absolute or of Shiva stand in the way of ecstasy.”

— Daniel Odier in Tantric Quest

6.1 Purposes

The purposes of this chapter are to...

- Recognize what pelvic armoring is and how it affects you.
- Understand how the process of Pelvic Healing can help you gradually release armoring.
- Practice both outer and inner Pelvic Healing massage.

6.2 Armoring Section

What Exactly Is Armoring?

The first aim of male anal and Sacred Gate massage is Pelvic Healing. Therapeutic healing massage of all parts of the pelvis relaxes armored tissues. Only then can they release their stored trauma, pain, and emotions so the energy can flow freely and the sensations magnify.

Here's how we described armoring in the Yoni Healing Chapter in [Tantric G-Spot Orgasm & Female Ejaculation...](#)

When past traumatic experiences are lodged in the body's muscles, they tighten and the surrounding tissues harden. Some call this “armoring.” Armoring is an attempt to prevent pain. We tighten and contract to avoid discomfort and protect ourselves. Unfortunately, the energy generated by the experience gets trapped inside. Our bodies become a storehouse for negative imprints.

A natural process. Unfortunately, this repeated tightening that protects against “dangerous” sexual feelings has the undesirable side effect of stopping the flow of nervous signals, life-giving fluids, and vital energy.

When armoring continues, it deadens the constricted tissues. They become rigidly locked in place, stiff instead of soft, pliant, and supple the way nature intended.

The jewels are as subject to armoring as anywhere else in the body. Maybe even more so when subjected to abuse as well as fear, guilt, and judgment from social conditioning. Our sexual frustrations, failures, and wounds leave their emotional and psychological energy traces in these vulnerable tissues.

What Crosses Do You Bear?

Tantric G-Spot Orgasm & Female Ejaculation goes on to describe the following effects of pelvic armoring on women...

- Blocked energy flows
- Negative health effects
- Reactive protection mechanisms
- Sexual inhibitions
- Performance pressure and anxiety
- Body judgment
- Emotional resistance and instability.

Armored men suffer from these as well, but also have their own unique crosses to bear. They're driven to score. Performing in bed becomes paramount. They can't avoid competing. Vajra size is a make-or-break ego issue. They resist change and become tight-assed.

Explosive release is the only way to relax the armored stranglehold on their bodies. Learning that pattern early in his sex life prevents a young man from every mastering the art of multiple orgasm.

Ancient Yoga texts warn against the reversal of sexual energy down the inner flute from the typical upward flow. This can happen as a result of fear, sudden shock, neurotic obsession, strenuous physical exertion, or vigorous lovemaking on a full stomach. It's logical that, when the normal reflex of resistance pushing downwards collides with the natural upward flow, it creates an energetic ridge resulting in more armor.

Some psychologists believe that the roots of pelvic armoring lie in childhood. Our first traumas are often the inevitable accidents of toilet training that teach us above all costs to hold it in. Early punishments administered by spanking certainly associate our rear-end with being bad.

What Causes Armoring

Whether you accept these analyses as completely true or not, you can't argue that growing up in a sex-negative culture provides ample opportunity to reinforce the roots of physical discomfort and dysfunction. Here are just a few of the ways men become armored and end up living with resistance to their instincts and thus to their pleasures...

- guilt around masturbation
- embarrassment about wet dreams
- fear of being discovered having sex
- shame around erection, penis size, or impotence
- religious repression of natural sexual impulses
- regret for cheating or immorality

- fear of being unable to satisfy a sex partner
- sexual performance anxiety
- feelings of inadequacy
- emotional ups and downs during puberty
- disappointments and rejection by first loves
- feminist put downs
- rejection by angry lovers
- abandonment by loved ones
- childhood sexual abuse
- stored pain of circumcision
- painful, clumsy, insensitive rectal exams
- irritated anal tissues from constipation and forced bowel movements (laxatives or enemas)
- modern fear of prostate cancer
- repressed anger, suppressed hatred, and swallowed dislikes
- pressure to succeed and provide financial security
- fear of failure.

It's natural for us to tighten our asses to protect ourselves against pain. The more we're armored, the more unavoidable this is. Male pelvic armoring becomes a self-reinforcing cycle. Our tendency to clench when thrusting during jewel union (sexual intercourse) strengthens the cycle. We tense the sexual muscles at our pelvic floor when we get excited, and especially when we try to control ejaculation.

What You Have To Look Forward To

How will you benefit if you undergo a program of Pelvic Healing that releases your armoring?

- Deep pelvic massage will increase blood flow to your prostate, increasing available oxygen, relaxing and softening the surrounding tissues, and encouraging the cleansing of trapped toxins. The medical literature contains many reports of digital massage shrinking enlarged prostates.
- Releasing the old negative energy stored inside will return your vitality, making you more playful, spontaneous, and open to change and growth.
- Opening your subtle energy channels will increase vajra sensitivity, improve ejaculation mastery, and make you a better lover.
- You'll recapture your natural ability to flow sexual energy, reach higher states of ecstasy, and may experience full-body orgasm for the first time.

- When you can relax in a high state of arousal and welcome immense amounts of energy into your pleasure balloon, you'll find yourself having multiple or even continuous orgasms.

Now doesn't that sound like a good deal to you? And it costs you nothing more, except for some fun practice sessions.

EXERCISE: Armoring Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- I'm aware of my armoring because of...
- I feel my armoring is caused by...
- I think my armoring limits me in these ways...
- I would like these benefits of healing my armoring...

6.3 Outer Massage Section

What Is Pelvic Healing?

Humans crave touch. Nurturing touch heals because it feels good, affirms love, and returns the natural flow of the body's fluids and nerve impulses.

Professional massage therapists never go near your privates. As a result, our genital areas rarely experience therapeutic healing massage, external or internal. We're not pointing out the obvious truth that the average person doesn't get enough sex. We're saying that instead of nurturing touch, your jewels are more likely to be subjected to the heated demands of pent-up sexual desire.

You know already that we like the hot part. It's the lack of loving nourishing touch that we're dedicated to change with your help. So you'll find the healing practices that follow always start with relaxing sensuous Tantric touch first. This is immediately followed by massaging the muscles and connective tissues surrounding your pelvis to relax you.

Pelvic Healing is done through gentle and then deep loving massage around a man's jewels and then inside his rosetta, ultimately reaching his G-Spot. Just as with yoni healing described in [Tantric G-Spot Orgasm & Female Ejaculation](#), this may take repeated sessions.

Through this process, the dead negative energy trapped inside as armor is transformed into heat, sensation, and electrical current. The release of the stored imprints frees the channels so that future pleasure can flow without hindrance.

Pelvic Healing allows a man to open up and surrender, just like women need to in order to experience sexual pleasure. It also teaches a man how to relax, let go, welcome feelings, and enjoy being in his body.

The more you do this, the easier it becomes, the better it feels, and the more sexual

ecstasy results.

Comfort Is Paramount

Our first partner Pelvic Healing massage practice targets the Perineum Point but includes the surrounding tissues, muscles and ligaments. Remember the perineum is the soft fleshy area midway between rosetta and devamani, anus and testicles.

You'll work the whole environs of the front and back pelvis before approaching the Perineum Point. Vajra massage is included because it's important for the receiver to be thoroughly aroused before stimulating his G-Spot. An engorged vajra helps his pelvis relax, soften, and open deep so that he's more sensitive.

This practice allows the receiver a chance to relax through sensual and pelvic massage to prepare for later entry. At the same time, the giver can get used to the position and dynamics.

Because Tantric Pelvic Healing is as much about running subtle energy throughout the body as it is about sexual technique, please remember that comfort at all times is pivotal. This applies to the giver as well as the receiver. If the giver has to stress and strain while trying to create healing or pleasure, the tension telegraphs to the sensitive, vulnerable receiver. All too often, giver tension prevents the receiver from releasing, relaxing, and rejuvenating.

If you haven't found massage positions that aren't completely comfortable for extended periods already, we encourage you to go back to [Chapter 4](#). Do lots of experimentation with the position practices there until you find what works best for your two unique bodies.

Since it's essential to relax the entire body and then work the muscles around the jewels and rosetta before going inside, the receiver will spend some time on his stomach first. When he turns over on his back, the giver will have easy access to work his PC muscles and pelvic tissues.

Our friend Marci Javril of www.VitalEnergyCenter.com kindly shared with us two great step-by-step procedures for working the PC muscles and pelvic tissues. You do both "Tracing A Diamond Under The Rocks" and "Sliding Down The Two Rivers" with the receiver on his back with his knees up and his feet on the bed or massage table...

Tracing A Diamond Under The Rocks

- Move vajra out of the way on his belly.
- Locate his sitting bones at the bottom of his butt cheeks, the ones that take the weight when he sits on a bicycle seat.
- Starting at his inner butt cheeks, hold your fingers in place and make firm yet sensitive small friction circles by moving only your wrist and hand.
- Massage all areas thoroughly with these stationery circling motions by walking your fingertips forward in small steps along his inner butt cheeks towards his perineum underneath his devamani (testicles).

- Using the same fingertip massage, circle outward around his devamani into the crease with his thighs, being careful to avoid the scrotum itself.
- To complete the upper half of the diamond, walk your fingertips back in the same V-shaped path to his sitting bones.
- For the lower half of the diamond, trace from his sitbones toward his tailbone by walking your fingertips along the flesh near the rim of his anal opening,
- Continue the small stationery friction circles in steps along his butt crease and finally to his tailbone itself.
- Finally, walk back step by step to the sitbones. You have now TRACED A DIAMOND shape UNDERneath his scrotum ROCKS!

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Sliding Down The Two Rivers

- Start with your fingertips or the flat of your hands on the top front of his two hipbones.
- Slide down and in diagonally toward the top base of vajra 3 or 4 inches. This is a continuous, gentle, sliding, sloping movement. You need to be careful of the nerve in here so your pressure shouldn't be too hard.
- Pick up your hands and repeat 10 times without causing pain. Always start from the hipbones and stroke downwards toward his groin to clear the lymph nodes.
- Then massage over the pubic bone by placing your fingers next to each other at his belly button and massaging downwards.
- Stroke and press over the top ridge of the pubic bone, slowly and firmly, feeling the contours and being sensitive to any discomfort.
- Follow the path towards the top vajra's base, tracing around the base towards the bottom, stopping before applying pressure to the devamani.
- Then massage back up again around vajra and back up over the pubic bone to the navel where you started.
- Repeat the pattern of strokes, moving downward, ring-around-the-cock, and upward at least 10 times.

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PRACTICE: Perineum Point Massage

Purpose

This partner massage practice will help you awaken the male G-Spot from the outside through the Perineum Point.

Comments

The following instructions are directed towards the giver. You can do this practice separately or as part of the Pelvic Healing that follows, or both.

We recommend at every step that the giver and the receiver use Orgasmic Breathing to insure both your inner energy channels are open and flowing.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions.

Agree on any options you want to be open for or signals that you may need, like for example to stop stimulation before he ejaculates.

2. SENSUAL MASSAGE

Ritually undress the receiver, whispering endearments and compliments as you reveal each body part. On a massage table or position that is comfortable for both of you, give your beloved a soft slow sensuous massage, beginning with his back. Long and sensuously caress his whole body using Tantric touch with or without oil as he prefers. Be sure to use your communication skills to stay in touch about what he's enjoying, wants more of, and wants less of.

3. PELVIC ENVIRONS ON HIS STOMACH

Before going inside, it's important to work the muscles around the pelvis to loosen them up.

Start with the receiver on his stomach so you can focus on his back first. Work his lower back, buttocks, sacrum, and thighs. Move up and down his outer thighs, backs of thighs, and inner thighs.

Massage deep and slow with lots of oil. Press hard with your thumbs and knuckles, plus squeeze the soft tissues with all your fingers as if kneading dough.

Sometimes press your palm, knuckles, or fingers deeper in one spot and make circles as if you were twirling a hula hoop. With your fingertips, apply pressure around the edges of the sacrum, the triangular bone at the top of the butt crease. Make circles around the sacrum's edges and under the tip of the coccyx, the tailbone just below the sacrum. Wrap up with a couple of minutes of vigorous shaking of his butt cheeks.

4. PELVIC ENVIRONS ON HIS BACK

Ask the receiver to turn over onto his back. Use the two great step-by-step procedures for working the PC muscles and pelvic tissues developed by our friend Marci Javril: "Tracing A Diamond Under The Rocks," and "Sliding Down The Two Rivers."

Both front and back, expect to work the pelvic muscles deeply because, in all

likelihood, you'll encounter some stiff armored tissues. The receiver can facilitate loosening these tight areas through Orgasmic Breathing, visualizing the breath going into the tense areas and tension streaming out on the exhalations. It also helps to maintain the energy connection with the rest of the body by occasionally touching his chest, belly, or lower legs with a hand.

5. VAJRA MASSAGE

Ask your partner's permission to begin massaging vajra. Use whatever strokes and methods he prefers, following his guidance and reactions. Because G-Spot stimulation works better when a man is highly aroused, you may want to bring him to several peaks of pleasure to thoroughly fill his pleasure balloon. Just be sure that you follow his signal to stop before ejaculates. (If this is a challenge for either of you, we recommend you get a copy of Somraj's ebook [Ultimate Ejaculation Mastery](#).) If necessary, remind him to continue Orgasmic Breathing to absorb the sensations throughout his body.

6. PERINEUM POINT

Again with permission, begin massaging his Perineum Point. You can start by stroking the skin lightly and then rubbing with a little pressure, using oil if he prefers. Press softly at first and then as hard as the receiver likes, relaxing the muscles and sending tremors deep within.

Explore to find the most pleasurable spot by asking for feedback. Experiment with different strokes, gradually increasing the pressure to discover what's most pleasurable. Refer back to the Perineum Point Partner Discovery in [Chapter 4](#) for some suggestions.

If the receiver is very armored, he may not feel much at first. So take your time as he tunes his nervous system, opens his inner channels, and brings consciousness to the area. If you run into any dense knots or hot spots, spend some extra time working them. Make a mental note to return there during the upcoming inner Pelvic Healing practice.

7. DUAL FOCUS

It's common for both giver and receiver to shift their attention away from vajra while working the prostate from the outside. If he likes, after massaging his Perineum Point for a while, return one hand to stimulating vajra. Alternate primary concentration between the Perineum Point and vajra. Then, coordinate your motions to stimulate both at the same time. Or he can self-pleasure vajra while the giver focuses on the Perineum Point.

Some men need to practice absorbing new sensations from more than one pleasure source at the same time. Others immediately find this dual focus incredibly exciting. If he wants to go for maximum pleasure, bring him to several blended peaks before going over the top.

8. CLOSE

When he decides to end your session, slow your movements down gradually. Connect his inner flute with one hand on vajra, one hand on his heart. Just let him feel his body, mind, emotions, and spirit. Talk about what was best, what was

discovered, what he wants more of, what less. Close your Sacred Space with a Heart Salutation, bow, hug, kiss, or even verbal acknowledgment.

6.4 Inner Healing Section

How To Do Pelvic Healing

“In order for a man to be able to follow a woman on the successive waves of pleasure, he has but one solution: to become a woman energetically. That is, to abandon himself totally, let go, surrender, completely.”

— Daniel Odier in Desire

Almost every man needs inner Pelvic Healing to eliminate the stored energy that keeps him tight, blocked, and armored. After outside massage, you'll do this by entering rosetta and stroking the G-Spot from the inside.

As before, this practice begins with relaxation: showering, talking, gentle touching, deep breathing, and sexual arousal. To assist, you'll activate the muscles from the lower back underneath to the belly button, including arousing the Perineum Point.

No matter how slowly, gently, and gradually you penetrate rosetta, he may initially find it unpleasant, especially if these delicate tissues have been traumatized in the past. The sphincters may spasm and contract involuntarily as the body recalls earlier unpleasantness. But this resistance passes in a few moments if the giver remains still and the receiver breathes deeply.

Put Out Those Hot Spots

Pelvic Healing targets hot spots, which are burning, sore, tense, or numb places where the armoring of the tissues is most dense. Sometimes a hot spot is so compacted that it feels like a hard nodule under the skin.

The essence of releasing a hot spot starts when either giver or receiver alerts the other that a hot spot has been contacted. The receiver's job is to relax as much as possible, breathe into the affected area, and visualize energy streaming away on the outbreath. Making sounds like moans and growls, an integral part of Orgasmic Breathing, often helps tremendously in releasing stored pain and tension from a hot spot.

The giver assists by stopping, holding, and pressing into a hot spot until it's cleared up. In this way, a hot spot usually releases its trapped energy and relaxes within two to five minutes. Often, both giver and receiver feel heat discharging or an electrical current running through the body.

Sometimes, the initial discomfort and tension seep away gradually. Other times, the person strongly re-experiences the pain as the wounding is healed. Strange images can flash and disturbing memories resurface causing dramatic outbursts and strong emotional releases. Tears, laughter, or screams are not uncommon. Powerful dreams may be triggered for several nights following Pelvic Healing.

Time To Assume Your Pelvic Healing Roles

The Yoni Healing Chapter in [Tantric G-Spot Orgasm & Female Ejaculation](#) provides detailed guidelines for the healing roles that apply as much to men receiving as women. Review them for the complete story. Here are a few that stand out specifically for male Pelvic Healing...

Giver Guidelines

- Make sure your nails are short, trimmed, rounded, and smooth. If have long ones and don't want to cut them, pad your nails with bandaids and wear latex gloves. If your hands are rough, cut, or scarred, you'll want to use gloves as well.
- Be sure you're comfortable with the whole idea of entering rosetta before you begin so you don't get revolted after starting.
- Follow hygiene precautions carefully. When you withdraw, be sure to fold gloves in on themselves and discard them immediately.

Receiver Guidelines

- If you have a history of prostate inflammation or rectal problems, see your doctor first before embarking on this program.
- Don't eat rich or heavily spicy food just before healing just in case your GI tract gets unsettled.
- Besides showering thoroughly, use an anal douche to clean yourself out for extra cleanliness if you want an extra sense of security. You can get one confidentially through the mail by ordering here...

<http://tantraattahoe.inadult.com/main.link/div/toys/page/searcht/stext/douche>

- Be explicit and continuously guide your partner **before** something uncomfortable happens.
- Don't just empty your bowels before Pelvic Healing, empty your bladder, too. Like women, male G-Spot massage creates the same kind of pressure on the neck of the bladder. You may get the feeling that it's full and that you need to pee when you really don't have to.

Do You Need Advanced Training?

Pelvic Healing can be intense for both giver and receiver. With courage, perseverance, and discipline following our instructions, you can work together to gradually reawaken armored tissues. Don't expect instant miracles in one session. The deeper the wounding, the slower you need to go and the more sessions you'll require.

Sexual resistance can be complicated and deep-seated. Sometimes your individual dynamics get in the way of working together for your own healing and that of your partner.

However, anything you do carefully and consciously together can only help. The

guidelines and instructions that follow can be done by anyone with the right attitude and an acceptance of Tantra.

Of course, just by reading our ebook we can't really serve as your practitioner and you can't expect to become a fully qualified Tantric healer.

We don't mean to imply that it's always easy for you to do on your own without advanced training.

Maybe Start With Professional Help

If this whole idea scares you, we suggest you join us first for hands-on training or visit a trained professional for your initial session. If you know you have a medical condition or experience strong physical pain or a violent reaction, stop and consult your physician before embarking on a healing program.

If you have trouble following the pelvic healing guidelines below or find your progress stalled, we urge you to get further training before you go forward. If you run into trouble during your initial sessions, we suggest you contact us and ask our advice before continuing.

That's why we make our initial telephone consultation, our [Tantric Sex Assess](#), available to free newsletter subscribers at a 75% discount. As well, we produced great results through long-distance telephone coaching. For details, click [here](#).

Of course, the best way to get advanced training is to register for our private [Tantric Workshop](#). In several intensive days dedicated just for you, we'll teach, demonstrate, and guide you to skillfully break through to higher levels of ecstasy. For details, click [here](#).

Sometimes Therapy Is Needed To Break Through

When you remove the armoring caused by old negative energies through Pelvic Healing, you can rapidly accelerate your pursuit of pleasure through Tantric practice. Unfortunately, resistance is sometimes so strongly embedded that beginning this process is difficult, traumatic, or even impossible.

If either giver or receiver is unwilling to enter into inner Pelvic Healing or you find the process hopelessly stuck, professional therapy may be indicated. This is especially true for those with traumatic histories. We urge you to contact us or a qualified therapist if either of you find yourselves in this predicament.

With graduate degrees and years of private practice in psychology and personal growth, we'd be the first to admit that in some cases do-it-yourself Pelvic Healing may not work. Sometimes, the scars of sexual wounding, trauma, and abuse go so deep that eroding them gradually through Tantric practice isn't practical or enjoyable.

Fortunately, Dhyen Jeffre and Somraj are both trained and experienced in multiple psychological modalities and have tools that can quickly break you free from the grip of the past. That's the purpose of our [Sexual Health Coaching](#). Review our website page [here](#) for more details.

PRACTICE: Pelvic Healing

Purpose

This partner healing practice will help a man de-armor his entire pelvic region through pelvic bodywork, rosetta opening, and G-Spot massage to free up the ultimate seat of male orgasm. Through this permanent relaxation, in the future he'll be more able to experience inner orgasm as women do through their Sacred Gate. Plus his ability to flow Kundalini energy up and down his inner flute should expand dramatically.

Comments

While pleasure and orgasm are secondary to this healing practice, hopefully you will eventually learn to enjoy it. While you may not look forward to your first Pelvic Healing session, rest assured that it gets increasingly pleasurable with repeated practice.

Above all, don't put any pressure on yourself or each other. Tolerate as much as you can take without pushing yourself too far. Start out with the attitude that you're kids playing doctor and quit whenever you're not having fun.

These instructions are written to the giver. Note that some men get an erection from prostate massage by itself. Others prefer vajra stimulation before contact with the G-Spot. The following directions assume the later, but feel free to vary the sequence based on the receiver's wants and needs.

Note to giver: be aware of your own level of comfort and do whatever you need to stay relaxed. Otherwise, tension and tightness will be transferred and you'll both be distracted. For example, Jeffre has found that some men have very tight rosettas. Although this can be healed with a few sessions, at first the giver may find the circulation to the inserted finger is being cut off. This may shorten your early sessions until the involuntary clamping dissipates.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions.

Agree on any options you want to be open for or signals that you may need, like for example to stop stimulation before he ejaculates.

Giver, before beginning massage, offer a flower to rosetta or other gift to your beloved. Say something like "I offer this flower as a sign of devotion to your pleasure and my love of your true divine nature. My only intent is to be of service. I am deeply moved and honored to be invited within such a private and sacred place."

2. MASSAGE

Ritually undress the receiver, whispering endearments and compliments as you reveal each body part. On a massage table or position that's comfortable for both of you, ask your beloved to lay on his stomach. Give him a soft and slow massage starting on his back. Long and sensuously caress his whole body using Tantric touch with or without oil as he prefers. Be sure to use your communication

skills to stay in touch.

Then have him turn over and repeat the bodywork around the pelvis you learned in the previous practice. Massage vajra to awaken his sexual juices. Don't forget to awaken the Sacred Gate through the Perineum Point before attempting entry. If you run into a hot spot, press and hold it while the receiver breathes deeply until it releases.

4. ENTRY

When you judge rosetta is ready for a visit, giver, ask something like "May I enter your dark cavern?" Wipe any oil off your hand and put on a glove now if you want. Douse rosetta and any finger you may use with lots of water-based lubricant.

When ready, say "I'm going to circle around rosetta's opening" and do so slowly and gently with one fingerpad. If this is his first time or he's particularly anxious, start with your smallest finger. Assume an unhurried snail's pace.

It's best if he pushes onto your finger when he's ready. If rosetta is tight, receiver, contract your sphincter and relax with a deep breath several times. Giver, don't push hard or force anything. Just be patient and gradually your finger will be drawn in to the depth of one fingernail.

If the sphincter contracts tightly or spasms, just be still, relax, and breath together until it passes.

5. SPHINCTERS

Next, ask "Can I go a wee bit deeper?" When you have permission, go in just a little more until your finger is inside the first ring of muscle a quarter of an inch (1 cm). Hold still, relax, and let the receiver adjust to the new sensation.

Warn the receiver with "I'm going to circle" and do so around inside the first sphincter stopping at the hours of the clock. It's a great idea to let him know what you're doing at each moment. So explain that 12:00 means when you palm and fingers are facing up towards his vajra and belly. 6:00 means down towards his back.

Giver, to circle the clock, begin by orienting a straight finger facing 12:00. Push outward away from center against the muscle for a moment, gently at first and gradually increase your pressure. Then slowly relax, move one hour-position, and repeat. Use a slow rhythm: rotate-stop-press, rotate-stop-press, etc. At each shift, giver, warn him first and then ask him to report how it feels.

When this first sphincter allows gentle movement without strong resistance, move a little deeper in small steps, alerting the receiver each time. When you enter the second ring of muscle, warn the receiver and again work around the hours of the clock. This time curl your finger outward around the muscle pushing with the flat part of your finger, the pad not the nail.

6. DEEPER

Now, see how far in you can penetrate. If you need a longer finger to go deeper, carefully withdraw, lubricate the new finger, and slowly enter again. You've learned to explain before each step, haven't you?

When it's relaxed enough, insert your finger past the second sphincter, which is the entrance to the wider part of the rectum. At this point, the receiver may appreciate additional support or pressure on the outside of his sacrum. This is one reason why we suggest you prepare carefully with props like extra pillows and towels.

Since it's more open inside the rectum, you'll need to reach further as you circle the clock again. Assuming he's on his back, begin circling at 6 o'clock, feeling the lower parts of the spine from the inside. Locate the coccyx, or tail-bone, and then a little deeper the sacrum, which enjoys a zigzag or side-to-side movement.

When you come back up to 12 o'clock, you can massage the perineum wall from inside and outside at the same time.

If you encounter strong resistance, you can use subtle vibration to loosen the sphincters so you can go deeper. PC pumps accompanied by deep breathing may help, too. You'll find deeper insertion easier as he relaxes his PC muscle.

Follow the receiver's lead about continuing to stimulate vajra. He may want continuous stroking to assist his opening, or may want you to alternate at times.

Any time either of you feels that it's necessary, don't hesitate to add more lubricant or even withdraw slowly to reapply it. The receiver can also encounter an urgent feeling of needing to empty his bladder or bowels. Often, because this is the response to these new internal pressures, it passes if he breathes and relaxes for a moment. If not, withdraw for a toilet break and, when he returns, re-enter again gently with a new glove and fresh lube.

7. HOT SPOTS

If at any time you encounter a hot spot, stop probing and hold with a steady pressure. Go just deep enough for your partner to feel soreness or numbness. Don't try to force old energy out of the tissue by pressing or squeezing as hard as you can. Releasing is their work, not yours.

Ask your beloved, "Describe the sensation. Breathe into it. Is any image, memory, or emotion coming up?"

Receiver, focus on the sensations and imagine your breath flooding them. Do your best to stay with your feelings while reporting to your beloved as it changes.

Giver, encourage your beloved to continue by saying things like, "Good job, continue" and "You're doing great."

Remember, be patient and let it be. Don't try to figure out what comes up, analyze what's being released, solve the problem, or fix it in any way. Do your best to avoid distractions that interrupt the clearing process in the middle. Just let the energy discharge by itself.

He may need to yell, scream, or make other loud sounds to encourage the energy to move. As it dissipates, the tissue may feel hot, even burning. While this continues, which may require two to five minutes until fully released, continue holding and breathing. You can tell when the hot spot is discharged because the sensations subside, the area feels lighter, and he feels more relaxed afterwards.

Giver, you may want to explore the vicinity of the initial hot spot to clear out

related sensitive areas before moving elsewhere.

8. PROSTATE

After you've explored and healed the rectum, it's time for G-Spot healing. Giver, with Shiva on his back, turn your hand up, palm facing toward vajra, so your longest finger is at 12 o'clock. Curl your finger towards vajra from the inside massaging the rectal wall. If you can't reach with your longest finger, we recommend you purchase a Crystal Wand or other narrow curved G-Spot toy to assist you.

Slowly, carefully, and gradually press deeper until you feel the firm round chestnut of the prostate gland. It may seem hidden at first but as you dig deeper you'll feel the tougher muscular tissue of the gland. For most men, the feeling is quite unique. Receiver, let your partner know when the Sacred Gate has been found by describing the strange new feeling. Use of the exclamation "Eureka!" is entirely optional.

At first contact, initially hold still. Then start exploring the edges, the muscles immediately around it, and the gland itself. The prostate may be hard and sore at first but will release and become dramatically more pliable with continued touch.

Massage the gland's surface up and down with as much pressure as the receiver can take comfortably. You can also try side-to-side strokes, tapping, and vibrating. If he's loose enough to accommodate a second finger, you can apply pressure on both edges of the prostate simultaneously.

Treat any G-Spot hot spots you discover as you've already learned. Encourage breathing, sounding, and gentle pelvic rocking to relax any tension and spread the energy released. As you release the energy from any hot spots contacted, work closely together and stay in sync.

Receiver, provide continuous specific feedback to accelerate the healing process. Describe what you're feeling, explain how different strokes feel at different places, and give as precise guidance as you can about what you want to do next.

For your first session, 5 to 10 minutes on the prostate itself is probably enough. As you get more accustomed to this work and enjoy it more and more, you can go longer. Remember, there's always next time. As armoring is diminished, tightness also lessens and inner massage becomes easier.

9. PLEASURE FOCUS

Consider ending your healing session on a high note. Since pleasure is your ultimate aim, it's wonderful to fill the energy vacuum left behind by dissipated hot spots with good feelings. Of course, it's up to the receiver, based on his level of sexual excitement, tenderness, and tiredness. Giver, ask your beloved, "Would you like to shift our attention to pleasure before ending?"

If yes, bring vajra to higher and higher peaks. Encourage Orgasmic Breathing to cleanse his energy channels with Kundalini energy and spread the ecstasy throughout his body. Orgasm is a sweet way to seal the entire Pelvic Healing experience, but isn't necessary or essential.

He may prefer this pleasure focus with or without G-Spot massage. Either way,

giver, when you sense your beloved is ready, warn him with “If it’s OK with you, I’m going to withdraw my finger” and do so slowly. Receiver, just keep breathing and gradually push your partner’s finger out naturally. Jeffre recommends that the giver not allow their finger to be expelled rapidly. Just hold a steady pressure and remove your finger at a steady rate.

To dispose of the glove, hold the edge furthest up your wrist, pull the glove off, and turn it inside-out over your hand, leaving the contaminated part folded up inside. In that way, you don’t have to touch anything that’s been inside. Slip it into the plastic garbage bag you’ve kept handy. If you’ve chosen to use bare fingers as fluid-bonded partners often do, take a quick break to wash up and return.

9. CLOSING

To cool down, smoothly cover vajra with your hand, maintain eye contact, place your other hand on your beloved’s heart and breathe together, visualizing energy circling between you.

Giver, cover with your partner with a sarong or blanket. If he desires, lie in each other’s arms, spoon, hug, comfort, or cradle his body. Lie together in silence for a few moments savoring these new feelings, or sweetly share the experience while holding each other, as he prefers.

Discuss how he’s feeling, what was most difficult, what was the best part, and what he’s learned for next time. Because this process can be so intense, you he may want to talk about it now, or he may want to wait until he’s ready. Honor his choice.

When you’re ready to end, close with a Heart Salutation. If you choose, bathe together and be sure to drink lots of water. Receiver, expect to be unusually open and vulnerable for the next few hours or even days. Giver, do whatever you can to see that he takes it easy for a while.

6.5 Closing

An Actual Story Of A Pelvic Healing Session

Many of the folks who seek our assistance and guidance are novices with sacred sexuality. This is very wonderful and we love to initiate new folks to the wonders of Supreme Bliss Tantra. Every once in a while, trained Tantrikas want to go deeper and seek us out to do this work.

This was the case with our client who we call Steve. He was honored that we wanted to share his story with you, but asked that we use not his actual name.

We want to share his story because of the healing that took place and the orgasmic potential that was released. Jeffre tells the story as she was partnered with Steve.

Steve

“Steve had been studying Tantra for many years. He meditates regularly and has done a lot of psychological work on himself. Steve is in a fully satisfying relationship with another Tantrika, a long-time student of Tantra. Both are seekers and sexual

adventurers.

“On the second day of our time together, we arrived at the portion which included, based on their desire, anal massage and inner Pelvic Healing.

“We created a Sacred Space and sat down to do the Partnering Questions. Steve admitted that he was nervous. No one except an M.D. had ever entered his anal area. Though he was open to the possibility, he’d never found it all that pleasurable and had never had a prostate orgasm. But Steve trusted me and believed that the process could lead to greater healing and, thus, greater pleasure.

Honoring & Connecting

“We did a Heart Salutation.

“We began with a full body sensual massage to help Steve relax. It really helped get him into his body. Steve is in very good physical condition so we decided to proceed with him on his back. I like being able to look into the eyes of my partner and see as well as hear his feedback. Then I arranged pillows for him to lie in a reclining position. Using a [Liberator® Shapes](#) cushion for my support, I sat between his legs.

“I placed my right hand over his heart and my left hand over his vajra. We gazed into each other’s eyes. I told him how honored I was that he trusted me so much. He reciprocated with how much he trusted me.

Relaxing

“After asking his permission, I rubbed his body with scented oil. I blew into his chakras and played a bit with his vajra. Our goal wasn’t really to get him aroused, just to help him relax. Then I deeply massaged the muscles and tendons around his pelvis and jewels, especially where his legs meet his torso.

“When Steve told me he was ready, I put on a glove and began playing with the area around the rosetta. I stayed on the outside for awhile. He found it pleasant. Holding my finger steady at the entrance, I asked him if I could go further. He agreed.

“I very slowly entered Steve’s rosetta, about 3/8 of an inch (one centimeter) at a time. He was very tight so I encouraged him to breathe into the tension. Even though I made sure I had plenty of lubricant on my finger, I had to slowly come out two times and re-lubricate.

Deeper

“With him breathing deeply and slowly, I carefully began to press around the sides of rosetta and hold it for a short while. We stayed in close communication the whole time. Until I got to the end of the anal canal, he didn’t report any discomfort.

“When I attempted to stretch my finger past the second sphincter into the rectum, he noted there was some discomfort. We stayed there while he breathed into the hot spot. Only after some relaxation did I continue to press into all the areas I could reach. What seemed to be discomfort was the tightness of the most internal part of

the anal canal. So each time I would try to reach to a new area, the canal was stretched in another direction. And he would breathe and relax the spot.

“I finally touched his G-Spot, Steve reported feeling pressure, but not much pleasure. I pressed various places on the prostate and then gently and, oh, so slowly, removed my finger from his rosetta. That was enough for one healing session.

Closing

“Steve admitted it was nothing like he had imagined. We both agreed, there was some opening and healing which had taken place. Obviously, more was needed. We did a Heart Salutation. Then, I closed the Sacred Space.”

Don't miss the second installment of Steve's story at the end of the next chapter where you can see how he really benefited.

EXERCISE: Pelvic Healing Plans

If you haven't experienced Pelvic Healing yet, we strongly urge you to try it with your beloved or with an open friend who would consider it an honor to aid you in your sacred sexual growth.

Once you've tried it, you'll have an idea about how easy or difficult it is, how open you are, and how much armoring you contacted. After the dust settles for several days, look back and consider what impact Pelvic Healing had on you.

Even one short healing session is valuable in creating the inspiration to make plans. To do so, answer these questions in your journal or by discussing them with your lover...

- What effect did your first Pelvic Healing session(s) have on you?
- How armored versus open did you find your rosetta?
- How do you plan to schedule more Pelvic Healing sessions?
- When exactly will you have your next session?

Chapter 7: Ecstatic Pleasure

“You see, ecstasy is the natural human state. Ecstasy, the continuous experience of the divine through knowledge of our own nature, is our natural state.”

— Daniel Odier from Tantric Quest

7.1 Purposes

The purposes of this chapter are to...

- Identify with the state of sexual ecstasy and set your sights on creating more in your life.
- Understand the difference between explosive and implosive orgasm.
- Learn how to peak and plateau to pump more energy into your pleasure balloon.
- Begin using multiple blended orgasm to reach new heights of ecstasy.

7.2 Ecstasy Section

You're Here For Ecstasy

The purpose of Supreme Bliss Tantra and the thrust of this ebook is to offer you more options for sensational ecstasy.

Hopefully, by now you've experimented with or majored in intimacy, openness, self-pleasure, erotic massage, healing, and spiritual connection. We fully expect you've enjoyed some fantastic orgasms, maybe with different qualities and higher dimensions.

To get more, you could just try more fiddling and diddling. Friction sex is what some of our colleagues call it. Before learning about Tantra, you probably believed like most lovers that the goal of sex was orgasm.

But more often than not, untrained lovers pushing for more and stronger stimulation come too soon or numb out. Hearing about the prospects of Tantric Orgasm, they often wonder what lofty heights they're missing. Isn't there something more?

Yes, there is. This chapter is about using your Sacred Gate and the Kundalini energy it can produce to create higher levels of ecstasy. Ecstasy is...

Intense joy, delight, and elated bliss. An extraordinary elevation of the spirit by overwhelming emotion so intense that you're carried away beyond the reach of rational thoughts and ordinary impressions.

We Hope You Enjoy Our Orgasm Chapter

This chapter show you how to generate more of this great spiritual stuff, ecstasy, and its ultimate spiritual destination, Supreme Bliss. Here we're going to cover the pathways to peak pleasure which often result in spectacular orgasms of many different varieties.

What do scientists tell us orgasm is (as if you need a definition)?

When you get sexually aroused, your sensitive zones swell with blood, your muscles tense up, your breathing deepens and speeds up as your heart rate increases. Orgasm occurs when that muscle tension is released at the peak of excitement accompanied by pulsations in your pelvis. Masters and Johnson found about 12 contractions within 10 seconds was the norm. Then your metabolism slowly returns to normal.

Does that fit with your experience? Scientists often forget to mention that it also feels great, uplifts your emotions, stops time, alters your consciousness, creates an intimate merging with your beloved, and sometimes expands to include the whole universe. Let's not forget that it makes you healthier, too.

Stairways To Heaven

In "normal" sex, we usually go for maximum turn-on until we quickly explode in a blaze of glory. Then, relaxation returns for a while until the biological forces build up again. Men take a while to recover, the average being 19 minutes in young men, getting progressively longer as they age. Some women also need to recover after an explosive orgasm.

Although, the explosion feels good, hasty men often roll over right afterwards and leave their partner wanting more. Multiple ejaculatory orgasm isn't likely, especially to those of us who take a long time to get sensitive and hard again.

The promise of Tantra is that, using the same physical forces, you can both reach ecstatic states that feel sensationally better and go on and on. You can soar to amazing peaks of pleasure over and over again. Yes, the average "normal" lover doesn't have any idea what they're missing.

Our teacher, Margot Anand, is fond of saying...

"There are as many kinds of orgasms as stars in the sky."

We know there is a myriad of different orgasms. No doubt, different folks experience them in different ways. Instead of classifying them, we want to explore different physical pathways to orgasm with vajra and your Sacred Gate.

Tantra adds the whole spiritual dimension to this journey when you learn to use



Kundalini to experience Tantric energy orgasm. With many of these pathways, lovers can experience single, multiple, and extended orgasm. And reach the continuous state of expansive ecstasy we call the O-Zone.

You're going to be actively playing with your pleasure balloon, that imaginary energy bubble inside you that limits and controls your capacity to feel. Instead of letting sexual arousal build quickly and pop locally, you're going to learn to pump the energy into your pleasure balloon. The more you do, the lighter you'll feel, the higher you'll float, and the easier you'll ascend into another dimension.

That's where the ecstasy lies, beyond the Sacred Gate.

Playing With Orgasmic Energy

Let's face it. Most lovers don't understand how to cultivate, circulate, and conserve the energy of orgasm. When you learn how to play with Kundalini energy, you can make it last, feel it all over your body, and let it build stronger and stronger. More ecstasy, more intensely, for longer encounters.

Those who practice sacred sexuality regularly experience orgasms of Supreme Bliss.

The Tantric method is opposite to what most beginners expect. So we need to warn you that we're going to guide you to approach orgasm differently — to cultivate extended pleasure, instead of focusing on orgasm as the climax of the performance.

Here's your Tantric Orgasm assignment. Don't seek it, don't pursue it, just let it come to you. Don't push for release of energy, but savor every drop. Conserve and cherish it, spreading it around your body just the way you would roll a sip of expensive aged wine around your mouth.

Tantric lovers experience the highest levels of ecstasy when they're completely relaxed in a high state of arousal. Concentrating, aiming, and pushing for the Big O prevents this. So, as we've explained, Tantrikas relax in the moment, savoring every last bit of sensation they can muster, and let orgasm after orgasm come to them.

EXERCISE: Ecstasy Discussion Questions

Consider these questions. Write about them in your journal or discuss them with your lover...

- How easily can you orgasm?
- How would you describe your orgasms? How long are they? How do they feel?
- How satisfying are your orgasms and peaks of ecstasy?
- What role does Kundalini play in your orgasms?

7.3 Explosive Orgasm

That Explosive Blaze Of Glory

Unless you're a Tantra or Yoga master, you probably experience sex and the way most people do, as a release tension. The average lover builds up sexual tension in their body when they get turned on. Untrained lovers too often treat lovemaking as a way to relieve this pressure.

We call these orgasms that result from tension release explosive because of the sudden big blaze of glory. If you haven't developed your pleasure balloon to absorb all the energy and expand quickly, it pops. These explosions release energy in a few-second flash of delightful pleasure, sometimes with a big wet spot of the male seminal variety.

There's nothing wrong with a hot quickie blowout now and then. You couldn't have gotten this far in our ebook without realizing that we revere pleasure in all its forms. It's just that explosive orgasm, more so for men when accompanied by ejaculation, often drains lovers of their vital essence, not to mention their interest or ability in continuing sexual play.

Losing this vital essence isn't wrong or criminal. You just don't have it to take you higher and higher and higher.

There are alternatives to a Kundalini outburst that we'll get to shortly. Of course, if you've ever had an earth-shattering mind-blowing consciousness-altering explosion, you'll surely enjoy repeating it. So before we consider transcendent experiences, we're going to directly celebrate the pathways to a climatic eruption.

Explode And Take A Quick Trip Far Away

Most every guy knows about the stages of vajra stimulation and explosion: "oh yeah touch me there," "feels really good," "feels so good I can't control it," "Oh my God I'm coming," and then relaxation. But what's actually happening inside your body?

When you get really turned on, your sensitive zones (erectile tissues) swell with blood (engorgement), your muscles tense up, your breathing deepens and quickens as your heart rate speeds up. During orgasm, your heart rate more than doubles and your breathing accelerates to more than three times normal.

Explosive orgasm occurs when that muscle tension is released at the peak of excitement accompanied by about a dozen pulsating involuntary muscle contractions in your pelvis. Your face, arms, legs, stomach, and butt contract. Your skin suddenly gets flushed so that you're suffused with warmth all over. Suddenly, it feels as if everything stops.

As you're overwhelmed with an intense flood of sexual pleasure, you lose touch with the outside world for a moment. Sounds pretty good, and feels even better, right?

What could be better? The easy answer is: if you like one brew, then buy a whole case.

What About A Repeat Performance?

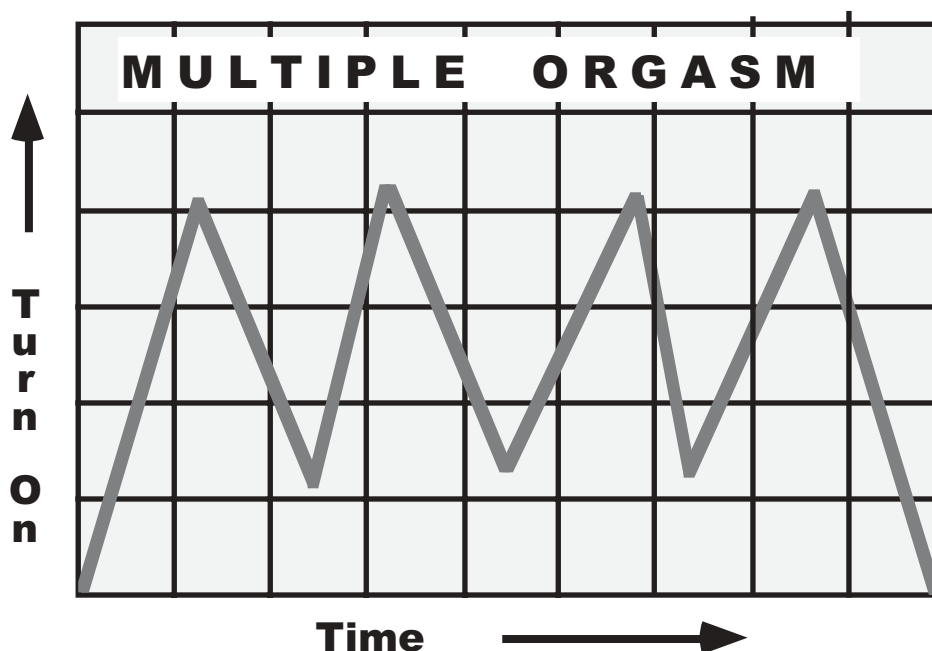
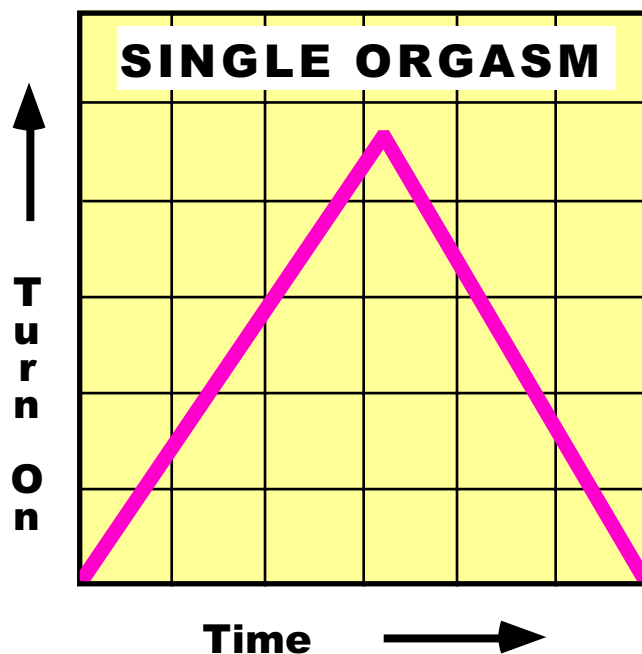
To begin understanding how to enjoy other orgasmic responses, let's graph a single explosive orgasm this way.

Your turn-on increases steeply up to the point of coming, and then drops just as sharply. Afterwards, sexual excitement declines steadily to the rest state before arousal. The release of tension is relaxing. After ejaculation, men often fall asleep. Some women have a similar sudden reduction in their Kundalini energy.

With the right approach, some men and many women experience multiple occurrences of the single explosive orgasm.

After one explosive orgasm excitement naturally dips down a bit, at least for a moment. By continuing or resuming that delicious stroking as soon as you're ready, many lovers can have another climax at the same level as the previous one.

This next graph shows what this looks like...



During multiple orgasm, you feel about 10 seconds of contractions, then no contractions while you pause for a little while, then another 10 seconds of contractions after more stroking, and so on. Many lovers report that this cycle can be repeated many times.

Of course, for men whose recovery time after ejaculation is many minutes or some hours, multiple wet orgasms aren't very likely. The good news is that with the [Ultimate Ejaculation Mastery](#) techniques in Somraj's ebook, the guy's orgasms don't have to be wet and erection-stopping.

You see, there are alternatives to exploding and wasting all that precious Kundalini energy like the next section explains.

EXERCISE: Explosive Orgasm Discussion Questions

Discuss with your partner or write in your journal, your doubts, questions and reactions to the section about single and multiple explosive Orgasm...

- How do you typically orgasm?
- What parts of your body trigger your orgasms?
- How do you feel after an explosive orgasm?
- Have you ever had multiple explosive orgasms in quick succession? What does it take for you to have multiple orgasms?

7.4 Implosive Orgasm

“...The solid bodies of the two lovers begin pulsating as if charged with electricity. The feeling of having solid flesh disappears. You are suddenly a pillar of vibrating energy held in exquisite balance by your lover's field of energy. This is a total orgasm of body and soul.”

— Mantak Chia from [Taoist Secrets Of Love](#)

Implode Don't Explode

With explosive orgasm, purely and simply, you discharge like a lightning bolt and lose energy. You expend the fuel that can propel you to higher states or repeat climaxes.

With implosive orgasm, you save your sexual energy by pumping it inside up your inner flute and into your pleasure balloon. You still experience heart-opening mind-blowing peaks of pleasure. You just do it in a different way.

The secret is to spread the powerful sensations from each part of your jewels throughout your body. Then the energy fills your pleasure balloon and expands inside, massaging your mind, body, and spirit instead of being released in a quick wet flash.

You do this with your breath, your attention, your intention, and practice. In other words, coupling Orgasmic Breathing with sexual play.

Often, men new to this concept resist the whole notion of giving up ejaculation. We understand why. They've equated explosive orgasm with the peak of sexual ecstasy.

Please believe us, we're not trying to talk you out of the best feelings possible. We're simply suggesting you time them so they get bigger and stronger.

Nobody Is Telling Not To Go For It

Guys, go right ahead and enjoy squirting when you want to. In the meantime, we're suggesting another pathway, another option for you to play with, at great length sometimes.

Somraj used to feel the same way, never wanting to miss the luscious dessert after the sumptuous meal. As he became more and more trained in the art of sensual loving and multiply orgasmic, he gradually changed his mind. Now he prefers floating at peak pleasure because it's more intense than any ejaculation he's ever had.

Don't give up anything. Just take your time building Kundalini. Shift your attention to the higher, finer frequencies of the life forces percolating inside you. You know, the ones that you miss when you're madly humping away.

When men learn to relax this way, orgasm becomes different from physical ejaculation and they find they can and want to go on and on over and over higher and higher. For women, they find themselves opening to more and deeper dimensions of life, love, and intimacy.

When Kundalini energy streams throughout your body, it's as if every cell is climaxing. Yes, those same ecstatic vibrations you normally feel in your jewels during an explosion, you feel them everywhere. We call this full-body implosion of ecstasy a Tantric Orgasm.

Tantric Orgasm Is An Energy Event

Tantrikas cultivate the inner nervous system climax. Instead of exploding and throwing it away in a quick burst, Tantra teaches us to open to the full power of orgasmic Kundalini energy.

To enter the state of Tantric Orgasm, the receiver must relax, let go, and surrender to the incredible sensations of pleasure sweeping inside. You pump the energy of an impending high peak back inside your pleasure balloon and circulate it repeatedly. You might say you need to jump-start the meditative state by relaxing and fully opening.

By continuously streaming orgasmic energy as sexual play stimulates your erogenous zones, you don't restrict the excitement to a small confined area. Rather, you spread the electricity. When your pleasure balloon grows bigger than your body, anywhere inside and out can get as excited as your jewels do during an explosive orgasm. As the sexual forces surge throughout your body, instead of seeking explosive release, they keep lifting you higher and higher.

As the Kundalini energy expands, it floods your entire body with pulsing orgasmic contractions and continuous wavelike vibrations. You shake all over, engulfed in surge after surge of pure liquid fire. Because sexual energy is conserved instead of expended, these streams of ecstasy can go on and on again and again. It's the ultimate in recycling, the ultimate experience of prolonged peak pleasure.

Once you develop the knack, explosive orgasm doesn't really compare to recirculating subtle sexual energy to reach spectacular crescendos of ecstasy.

By exchanging orgasmic energy with your beloved, Tantric Orgasm becomes a sacred energy event, an intimate communion, a bonding of life forces, separate and distinct from the momentary tension release.

How Long Can Such A Good Thing Last?

Some years ago, a medical doctor and his wife wrote a fascinating little book, [ESO: Extended Sexual Orgasm](#), about how they learned to stretch orgasm out. Their approach wasn't particularly spiritual, sacred, or Tantric. Yet we believe they used physical techniques coupled with their strong love to reach experiences similar to Tantric Orgasm.

As they wrote, extended orgasm is a state of continuous peak pleasure that lasts longer and feels more ecstatic than any of the 10-second bursts of release from a single explosion. As the following graph shows, the intensity of pleasure of an extended orgasm is equivalent to a quick peak, it just goes on and on. The vibrations that engulf your entire body with wave after wave of intense ardor can go on for minutes, even hours.

Entering Extended Orgasm

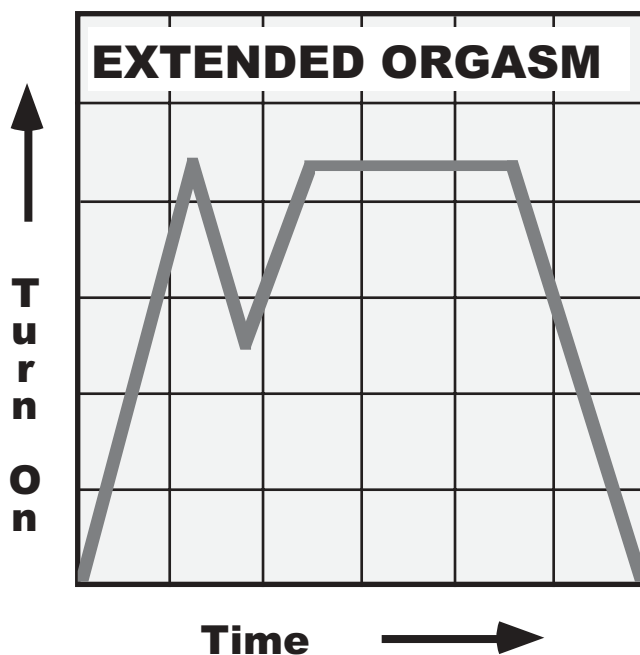
Because most lovers can't go from zero to 60 instantaneously, Extended Tantric Orgasm usually starts with single or multiple climaxes in most women and men, the male version without ejaculation. The more you can relax and surrender to the pleasure, the longer it lasts.

For most lovers, occasional leveling helps to keep the energy high. Floating with it, rather than working hard and tensing up, is the ticket to multiple extended orgasms.

Learning extended Tantric Orgasm is the ideal route for men to become multiply orgasmic. By shifting their focus from orgasm to pleasure, from their jewels to their whole body, from explosion to subtle energy, men can learn to separate ejaculation from orgasm.

Once started, lovers feel as if they're actively reaching for more and more pleasure. If you flow with it, the pleasure level of repeated extended orgasms climbs higher, becoming increasingly intense with increased levels of ecstasy. You ramp up, absorbing pleasure that fills your balloon a little, and then float for a moment before climbing higher with more stimulation.

Eventually, extended Tantric Orgasm becomes self-sustaining, requiring little or no



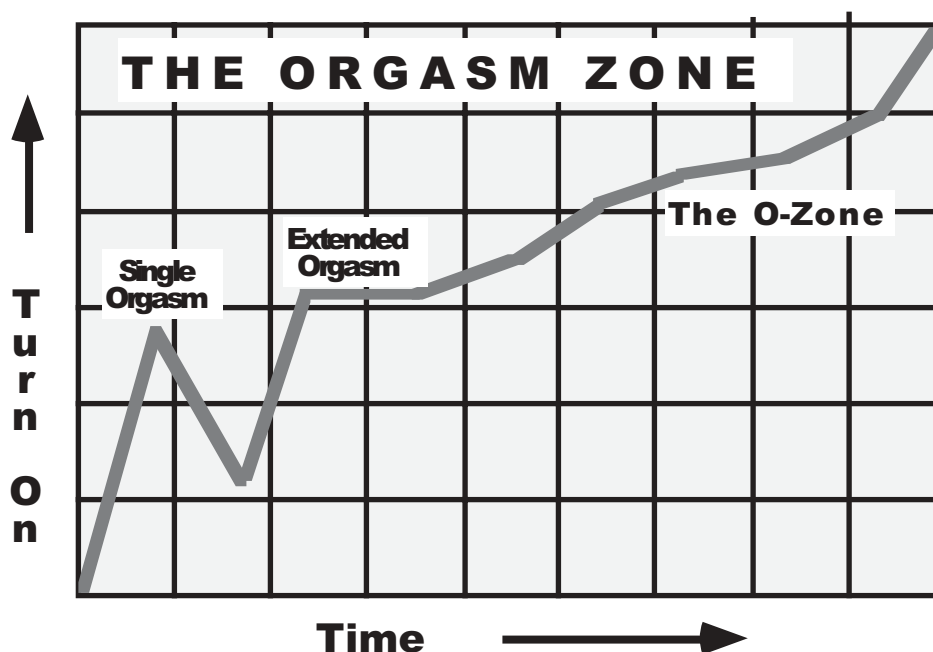
effort for the continuous slow contractions to surge for minutes or even hours. We call that the O-Zone.

Let's Beef Up The O-Zone Layer

“Before I understood how to open with you, I tried giving you orgasms so I knew I was a good lover. But now, all I want is your surrender. I want your heart’s pleasure to ripple through your open body and saturate my life with your love. Your body’s openness to love’s flow draws me into you, and through your heart’s surrender I am opened to the love that lives as the universe. Whether you have an orgasm or not while we make love, your body’s trust and devotional openness is my secret doorway to love’s deepest bliss.”

— David Deida from [Dear Lover](#)

Beyond excitement, beyond single orgasm, beyond multiple and extended orgasm lies the rarefied atmosphere of the O-Zone, the Orgasm Zone. Our next graph shows the single peak, then an extended orgasm at roughly the same level, and then the continuous ascent into the heavens of the O-Zone...



Like an Olympic gold medalist who reaches the “zone” where impossible athletic feats come to them effortlessly, the trained Tantrika can reach this state of streaming unheard of amounts of pleasure through their body continuously.

The O-Zone is a timeless place where you float without effort and the ecstasy soars of its own accord. In this meditative, altered state of consciousness, your heart rate and blood pressure actually go down. The boundaries with your beloved disappear as you merge with the entire cosmos.

In these glimpses of a higher dimension, we enter a timeless void and seem to become one with the universe. We feel our bodies, minds, and spirits merging with our beloved. We enter an altered state of awareness. In this rapture, it seems as if our physical limitations disappear and we float with all boundaries dissolved.

Suddenly we’re open to flowing pure positive energy from our innate blissful source. We become a conduit for communion between earth and sky, the physical and the spiritual.

Anyone who’s been there will tell you that they want to stay forever, never wanting the Supreme Bliss to end.

A hallmark of this state is that it doesn’t have to come to a close until you choose to stop. Even afterwards, you can stay high for up to 24 hours. During this time, those delicious orgasmic contractions can easily be restarted, sometimes just by remembering. Not only does it feel awesome, but it’s good for you. You’ll feel less irritable, less tense, and less stressed. You’ll feel healthier, happier, more relaxed.

Where Is The O-Zone?

Guys, for you to achieve multiple and extended Tantric orgasms, you need to...

- Develop the Tantric mindset of meditative sex and learn to relax completely at high states of arousal,
- Transform your sexuality through repeated Pelvic Healing, releasing all the old negative energy armoring your body and blocking your Kundalini channels,
- Overcome premature ejaculation so you don’t explode and lose your energy too soon. The highest peaks require continued pumping of intense energy into your pleasure balloon. Somraj covers this learning process completely in his best-selling ebook, [Ultimate Ejaculation Mastery](#). For more information, click [here](#).
- Master Orgasmic Breathing so that you can channel Kundalini energy up your inner flute to your higher chakras and throughout your entire body.
- Pump, pump, pump your pleasure balloon totally full.

Then you can soar to the O-Zone right in stride with the most ecstatic of Goddesses by...

- Stringing together a series of multiple implosions using vajra and Sacred Gate play,

- Channeling your energy to create long-lasting energetic Tantric Orgasms, and
- Getting out of your own way and let the divine powers take you of their own accord.

You see why we make such a big deal about imploding instead of exploding? When you explode, you release Kundalini energy. Call it essence, call it life force, call it sexual juice or divine fluids — the more you create and retain, the more fuel you have to propel you to the O-Zone.

Achieving this state is the focus of Tantric practice. We learn to find true ecstasy within by relaxing into high states of arousal. We channel the life force that sexuality generates and expand the Kundalini up our inner flutes, the subtle pathway that connects our chakras. We weave the essence of all our centers — body, mind, spirit — into holistic union with all that is. This is true bliss, being at one with all existence.

This power becomes the raw material that creates divine connection and higher consciousness.

EXERCISE: Tantric Orgasm Discussion Questions

Discuss with your partner or write in your journal about your acceptance, doubts, questions and reactions to the section about Tantric Orgasm...

- How do you feel after an explosive orgasm? What does it take for you to have multiple orgasms?
- Have you ever experienced your limit of pleasure? How did it happen?
- Have you ever experienced an extended Tantric Orgasm? How did you get there?
- Have you ever floated in the O-Zone? How did it happen?

7.5 Peaking Section

Peaking

Enough discussion. Let's get down to the nitty gritty of how you get to sensational ecstasy.

Some Tantrikas are so skilled at running Kundalini that they can enter the O-Zone with little or no physical stimulation at all. We're not going to start you there, however, since most of us need some external excitement to get our motors revved up, whether from a beloved's touch, solo play, or erotic images.

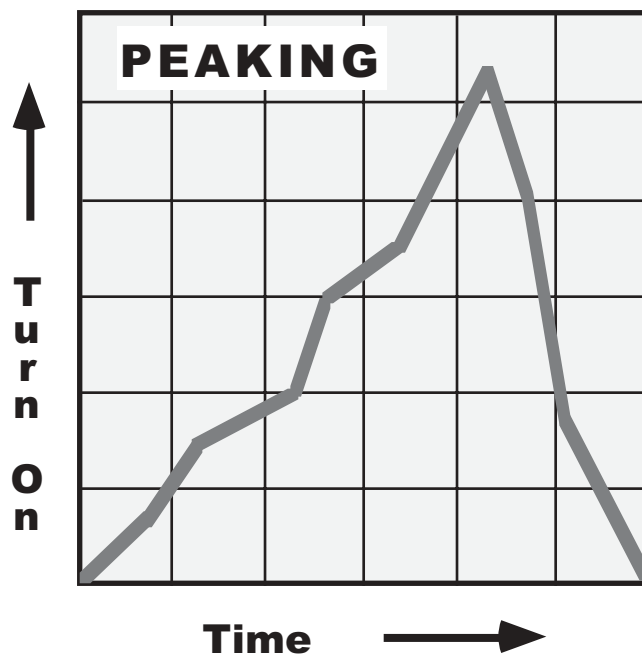
The path to extended Tantric Orgasm and the O-Zone doesn't focus exclusively on the best or strongest technique and how much stimulation you can create in the shortest possible time. Rather, you focus on filling your pleasure balloon. The first secret is peaking.

Peaking means...

Enjoying excitement rising to a high level and then, instead of going for more and the likely explosion, immediately changing, slowing, or stopping the stimulation. It's a sudden surge of turn-on that you let come back down without going over the top.

Peaking just before an orgasm is, of course, great fun when the level of sensation is so strong. And it's your window to multiple orgasm. This is how you train your body to hit that exciting precipice time after time.

If you graphed peaking, it would look like a steep ascent up a mountain followed immediately with a steep descent. Which is where it got its name like the following graph shows...



Don't Resist The Peak

Some people can't understand why you would want to back off from something that feels good.

We've answered that question extensively, haven't we? Because by drawing out the process you get longer and higher pleasure. The more times you peak, the more sexual energy you pump into your pleasure balloon. Your ultimate orgasm is more intense, often transitioning to an extended one.

However, so many of us are programmed with taboos, shame, and guilt around sex that we try to get it over with rapidly. Our first sex was under the covers, on the couch, or in the backseat. Because we began our sex lives in imminent jeopardy of being discovered, too many of us simply continue the pattern of rushing we started out with.

You can change all that with the Tantric practices that follow. If you've always pushed for as much excitement as you could muster as quickly as possible, practicing solo peaking is the best place to start.

By yourself, practice ramping up, absorbing pleasure that fills your balloon a little, and then float for a little while before climbing higher with more stimulation. Although we're primarily addressing men here, this certainly applies to women as well.

There's two ways to peak: by slowing the amount of Kundalini energy you're generating, and by spreading what you're generating around your body. We'll address the each in turn in the next practices.

PRACTICE: Solo Peaking

Purpose

To practice peaking by yourself.

Comments

If you have a partner, we suggest you practice Solo Peaking in front of each other. If you've never self-pleasured in front of each other, you have a wonderful new experience to enjoy.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation to yourself and consider the Partnering Questions by yourself, writing in your journal if you have one.

2. COMFORTABLE POSITION

Lie on your back in your most comfortable position with your knees bent supported by a pillow, leaning against your bed headboard or a Liberator® Shapes cushion, or simply extended straight out.

3. RELAX & FOCUS

Begin with relaxing, conscious breathing, or full body sensual massage until you're comfortable, focused, and ready to get excited.

4. JEWEL PLAY

Massage your jewels the way they like it. You can do this exercise entirely with vajra at first if you like. Only include your Sacred Gate once you've developed some mastery with peaking.

5. STOPPING

As your arousal builds but before you get too close to orgasm, stop what you're doing to back off from your first peak. When your excitement has settled down, repeat this several times.

6. SLOWING

After you're confident about stopping, repeat the same cycle several times but slowing instead of stopping. Slow down, change your strokes, or lighten your pressure slightly. Spread the energy around your body.

7. GO FOR IT

Continue as long as you want, finishing with an orgasm if you choose.

8. CLOSING

Close your Sacred Space as appropriate, acknowledging yourself and your pleasure.

Develop The Knack Of Partner Peaking

Once you've enjoyed and mastered solo peaking, you'll certainly want to try giving and receiving the same joy with your partner. In much the same way as you did solo, lovers help their beloveds peak by adjusting the stimulation they're giving to avoid pushing their partner over the top.

You can develop the knack to tease and tantalize long-term partners to unheard of peaks. Sure, the more you practice, the better you'll get at anything. Just don't succumb to the prevalent social conditioning that every good lover always knows exactly what to do with each new partner at each moment.

Recognize that good sex is a team game. As with any kind of relationship intimacy, peaking works best with communication and cooperation. How do you know for sure how turned on your lover is and what they want at each moment?

By observing, by asking, and by listening. By the receiver staying awake, responding non-verbally, or answering verbally.

Receivers have as much, or maybe even more, responsibility for peaking as givers do. You need to guide your partner with verbal feedback, by moving closer or away, getting louder or quieter, breathing deeper or shallower, or using pre-arranged cues.

Don't forget to aid the peaking process by using Orgasmic Breathing to spread the energy that's localized in your jewels around your body.

PRACTICE: Partner Peaking

Purpose

To practice peaking with a partner.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation.

Discuss Partnering Questions — desires, concerns, boundaries — deciding who will receive what first.

Agree on alert words and signals for both slowing and stopping.

2. RELAX & FOCUS

Begin with relaxing, conscious breathing, or full body sensual massage until the receiver is comfortable, focused, and ready to be excited.

3. JEWEL PLAY

Giver, massage your partner's jewels the way they like it. If you don't know, ask. If you're unsure at any time, ask. You can do this exercise entirely with vajra or add the Sacred Gate when the receiver is ready. Receivers, be supportive, positive, and helpful, and don't be shy.

4. OBSERVE AND FEED BACK

Giver, watch your partner closely for signs of rising arousal: facial expressions, swelling tissues, darkening color, changed breathing, thrusting hips, body jerks, pulsing muscles, hands pushing away, and withdrawing pelvis. At the same time, receiver, give verbal feedback about what you're feeling and your level of arousal.

5. STOPPING

Receiver, as your arousal builds but before you get too close to orgasm, give your stopping signal to back off from a peak. Giver, immediately stop all stimulation, and resume only when asked to. Repeat peaking by stopping several times.

6. SLOWING

After you're confident about stopping, repeat the same cycle several times using your slowing signal. Giver, instead of entirely stopping, slow down, change your strokes, or lighten your pressure slightly. Closely follow what your observations, senses, and partner tell you. Receiver, spread the Kundalini around your body as much as you're able.

7. GO FOR IT

Continue as long as you want, finishing with an orgasm if you want.

8. SWITCH

Switch roles and repeat the practice.

9. CLOSING

Close your Sacred Space as appropriate, acknowledging your pleasure. Give thanks to your partner with a Heart Salutation.

7.6 Plateauing Section

“First, find out what you love most in the world, and make it a priority in your life. Second, breathe. Your breath is the bridge between you and spirit, and a key to ecstasy. Nourish yourself with breath — not just now and then, but always.

— Jalaja Bonheim

Four Cornerstones Are Key

With the Tantric path to sensational ecstasy, you, the receiver will manage the internal process. You’re going to learn to spread even the subtlest sensation around your body and absorb it all in your pleasure bubble. You feel the slightest exciting touch on vajra, for example, and instead of screaming and squirming for more, you absorb it like a hungry pleasure sponge.

Using all four of the cornerstones of ecstasy are vital here — breath, sound, movement, and presence. The last is the most critical for extended Tantric Orgasm. Presence is the ability to be fully in the moment, experiencing what’s happening now, and letting go of any resistance tying you to the past.

By using the four cornerstones of Supreme Bliss and breathing orgasmically, you’ll excite all your chakras which store and regulate your energies. You open your inner flute and become a conduit for limitless and endless life force by breathing, moving, making sounds, and staying fully present.

A Subtle Reminder Of Your Inner Work

Let us remind you that to enter this state, the receiver must relax, let go, and surrender to the incredible sensations of pleasure sweeping through. We know, sometimes that’s easier said than done.

The receiver has to focus, tune in to all sensory input, and consciously absorb sensation. Distractions can kill the mood. The built-in resistances we all carry can easily get in the way. We’re talking about negative emotions like guilt, shame, and fear that block energy, as well as thoughts and beliefs that run counter to feeling pleasure.

If a part of you hates sex because of painful experiences, or intimacy conjures up the torment of failed relationships, or you still believe that some kinds of sex are a sin and you’ll burn in hell for it — well, undoubtedly the free flow of Kundalini energy you need to ride to Supreme Bliss will be blocked to some degree.

All personal growth work that releases these blockages can help in opening your sexual channels.

Orgasmic Breathe Your Way Higher

The untrained lover, when super excited, usually pants or holds their breath. Their muscles become tense and tight. They move closer and closer to the release of explosive orgasm. The more excited they get, the more they shut off their senses and focus inward, often closing their eyes.

When this situation is coupled with the shame, guilt, and embarrassment that makes so many of us passive in bed, we end up feeling as if we don't have control over our own pleasure.

This is in stark contrast to the Tantric lover's bedroom behavior. Namely, Orgasmic Breathing.

We breathe slowly and deeply. We relax, move unduously to spread the excitement. We become more and more present with our senses fully awake, connecting with our beloved and the whole universe. We guide our experience by responding and communicating. We're Shiva, the powerful dynamic leader, and Shakti, the all receptive pliable sponge, at the same time.

You rock your pelvis while you're relaxing your other muscles, and you communicate openly while keeping all of your senses wide open. You empty the mind of extraneous distracting thoughts, and visualize the energy moving within and exchanging the energy with your partner. You use your PC muscle to pump energy up your inner flute, opening your channels to the flow of sacred sexual energy.

In this manner you bring your mind, emotions, and spirit into harmony with your body. As you can see, there's much more than stimulation involved, which is probably why so few people experience extended Tantric Orgasm.

Climb The Ancient Pyramid

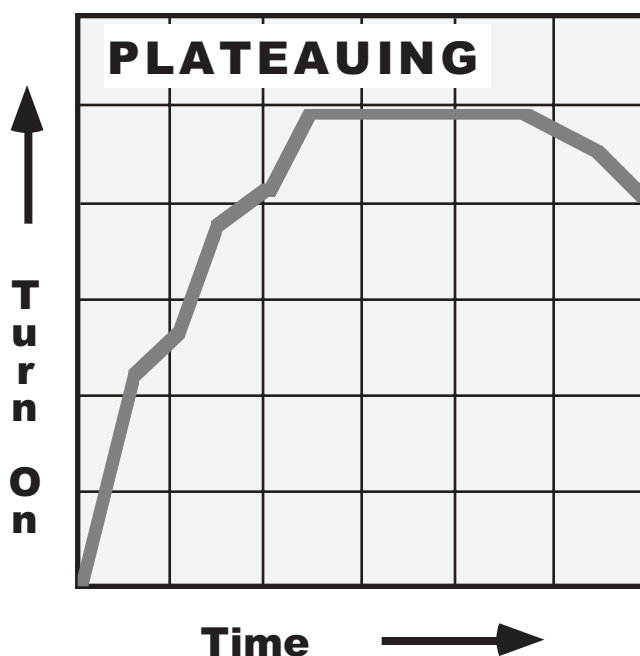
Once you've developed the knack of peaking by slowing or stopping external stimulation, you can move on to learning to plateau. Plateauing means...

Learning to maintain a high level of arousal without backing off.

Remember peaking as shooting up steeply and then dropping down quickly? Well, then plateauing will be easy to grasp. As the graph shows, you move up to a high level of pleasure and then stay there, enjoying it as long as you want.

Plateauing is like mounting the steep narrow steps of a Mayan pyramid. You go slowly so you don't slip. You stop at wider walkways, rest, and catch your breath. When you reach the top, you relax totally, float close to the sky, and simply enjoy the view. You savor being so connected with God/Goddess.

It's possible to plateau by adjusting outside stimulation. Try it if you haven't and see if you like it.



We prefer and recommend learning to plateau using Orgasmic Breathing. The receiver who masters spreading Kundalini this way ceases to be at the mercy of their lover. No more feelings of not being in charge of your own pleasure. When you can stream energy up and down your inner flute, you'll naturally plateau and easily transition into extended Tantric Orgasm and eventually the O-Zone.

When you can circulate the orgasmic energy up from your lower chakras, you can simply float on a true ecstatic high, basking in the divine light that infuses your whole body. Some call these "valley orgasms" because as their arousal curve rises higher and higher, it flattens out at steps instead of peaking up sharply.

PRACTICE: Solo Plateauing

Purpose

To practice plateauing by yourself.

Comments

You might think you've done this exercise already since it's beginning is so similar to Solo Peaking. But using Orgasmic Breathing to spread sexual energy while continuing to absorb pleasure is an important and vital difference. Again, if you have a partner, we suggest you practice Solo Plateauing first.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation to yourself and consider the Partnering Questions by yourself, writing in your journal if you have one.

2. COMFORTABLE POSITION

Lie on your back in your most comfortable position with your knees bent supported by a pillow, leaning against your bed headboard or a Liberator® Shapes cushion, or simply extended straight out.

3. RELAX & FOCUS

Begin with relaxing, conscious breathing, or full body sensual massage until you're comfortable, focused, and ready to get excited.

4. JEWEL PLAY

Massage your jewels the way they like. You can do this exercise entirely with vajra at first if you like. Include your Sacred Gate once you've developed some mastery with plateauing.

5. ORGASMIC BREATHING

As your arousal builds, begin breathing, moving, sounding, and moving energy up your inner flute using PC pumps and visualization.

6. PLATEAUING

When you feel a high level of excitement, consciously enjoy it, savor it, and relax into it. Using the components of Orgasmic Breathing, keep your pleasure level for a few minutes. Slow your breathing, open your eyes, move slower, moan louder, or pump your PC more to spread the Kundalini energy.

7. STREAM ENERGY

Channel the energy up your inner flute, swirling it around your heart, or higher to your third eye. Can you feel the energy elsewhere in your body? Focus on it, move around it, and breathe into it to heighten the orgasmic feelings outside your jewels. If your PC muscle starts to spasm all on its own, relax and enjoy ride the wave of pleasure. You'll eventually find as you relax into a plateau, ecstatic vibrations will sweep throughout your body.

8. PEAKING

If you get too close to orgasm, feel free to stop, slow, or change what you're doing to back off from the peak. You can also open your eyes wide, relax all your muscles, inhale more slowly and deeply into the belly through the NOSE until your excitement drops. If your excitement keeps rising, you can also try holding your breath. Alternatively, some people report that some a bit of fast panting releases energy suddenly.

9. REPEAT & GO FOR IT

Continue as long as you want, leveling at several plateaus, finishing with an explosive orgasm if you want.

10. CLOSING

Close your Sacred Space as appropriate, acknowledging yourself and your pleasure.

PRACTICE: Partner Plateauing

Purpose

To practice peaking with a partner.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation.

Discuss Partnering Questions — desires, concerns, boundaries — deciding who will receive what first.

Agree on alert words and signals for both slowing and stopping.

2. COMFORTABLE POSITION

Receiver, lie on your back in your most comfortable position: your knees bent, supported by a pillow, or simply extended straight out. Giver, sit or kneel between your partners' legs or at their side. Giver comfort is as important as receiver comfort. Tension in the giver's body transmits to the receiver, so be sure to experiment until you find a position that can last a while for both of you.

3. RELAX & FOCUS

Begin with relaxing, conscious breathing, or full body sensual massage until the receiver is comfortable, focused, and ready to be excited.

4. JEWEL PLAY

Giver, massage your partner's jewels the way they like. Carefully observe your partner for signs of rising arousal. When you see something creating great turn-

on, concentrate on maintaining the same speed, pressure, and stroke without changing. Receivers, be supportive, positive, and helpful, and don't be shy.

5. ORGASMIC BREATHING

Receiver, as your arousal builds, begin breathing, moving, sounding, and moving energy up your inner flute using PC pumps and visualization.

6. PLATEAURING

Receiver, when you feel a high level of excitement, consciously enjoy it, savor it, and relax into it. Using the components of Orgasmic Breathing, keep your pleasure level for a few minutes. Slow your breathing, open your eyes, move slower, moan louder, or pump your PC more to spread the sexual energy.

7. STREAM ENERGY

Receiver, channel the energy up your inner flute, swirling it around your heart, or higher to your third eye. Can you feel the energy elsewhere in your body? Focus on it, move around it, and breathe into it to heighten the orgasmic feelings outside your jewels. If your PC muscle starts to spasm all on its own, signal your giver to slow while you relax, enjoy, and ride the wave of pleasure. As you relax into a plateau, ecstatic vibrations will sweep throughout your body.

8. PEAKING

Receiver, if you get too close to orgasm, use slowing or stopping signals to guide your partner to back off what they're doing. You can also open your eyes wide, relax all your muscles, inhale more slowly and deeply into the belly through the NOSE until your excitement drops.

9. REPEAT & GO FOR IT

Continue as long as you want, leveling at several plateaus, finishing with an explosive orgasm if you want.

Switch roles and repeat the exercise.

10. CLOSING

Close your Sacred Space as appropriate, acknowledging each other and your pleasure.

7.7 Blended Orgasm Section

“The word ‘Tantra’ means the capacity of expansion, that which goes expanding. Sex shrinks you, Tantra expands you. It is the same energy, but it takes a turn. It is no longer selfish, no longer self-centered. It starts spreading — it starts spreading to the whole existence. In sex, for a moment you can attain to the orgasm, and at a great cost. In Tantra you can live in the orgasm twenty-four hours a day, because your very energy becomes orgasmic. And your meeting is no longer with any individual person: your meeting is with the universe itself. You see a tree, you see a flower, you see a star, and there is something like orgasm happening.”

— OSHO from [Philosophia Perennis](#)

Steve’s Story Continued

If you remember, we related the first half of Steve’s experience with Pelvic Healing at the end of the last chapter. To introduce the technique of blending multiple sources of pleasure for maximum ecstasy, we’ll relate the rest of the story now.

The Pleasure Realm

“On the third day, we moved into the realm of pleasure and orgasm with a prostate massage session dedicated to multiple orgasms.

“After explaining the process, we again opened a Sacred Space and began the Partnering Questions. Steve stated that he wasn’t as nervous as he had been the previous day. He mentioned that he was trusting me even more and actually looking forward to the process.

“Initially I danced sensuously for him. He began to get a hard-on right away. Then we released our aggressions and animalistic sides by playfully expressed growling sounds and fighting physically by pushing and pulling. We were laughing and having a wonderful time getting into that primitive space.

“After I rubbed his back, Steve turned over. I then held his vajra with one hand and his heart with the other one. With his permission I began to anoint his chakras with some exotic meditation oil. He still had a hard-on. I rubbed his chest, arms, and legs with oil.

Vajra

“I asked permission to approach vajra. He said yes immediately. I began stroking vajra with oil and Steve began to moan. I suggested he try Orgasmic Breathing, which he did. As he was getting more and more aroused, I asked permission to approach rosetta. When he said yes, I put a glove on my left hand and got into a comfortable position between his legs.

"I began playing with his rosetta after putting some water-based lubricant on my glove. Then I would stop and play with his vajra with my other hand. Only then did I ask him if I could enter rosetta. After hearing yes, I moved in only slightly. Holding that position, I stroked vajra. I kept alternating slight movement in rosetta with stroking of vajra. His vajra continued to be rock hard.

"Steve's breathing was very deep and very pleasurable. He had a big grin on his face when I lightly touched his G-Spot from the inside. I said I'd like to try some different types of strokes on his prostate. He agreed. I continued with the pattern of some stroking of vajra alternating with stroking the Sacred Gate. Steve was breathing and groaning and feeling more and more sensation.

Going For It

"When he was quite turned on, I began stroking his vajra and his G-Spot at the same time, his breathing got stronger and stronger and he got louder and louder. Then he had a huge prostate orgasm, his first.

"He screamed louder and louder and began vibrating all over. The blended orgasm went on for a long time. He just kept coming, not ejaculating, and coming. As long as he was clearly in ecstasy, I kept stroking vajra and his Sacred Gate.

"Finally, he began to quiet and his breathing slowly returned to normal. I slowed down to almost a stop. He opened his eyes with a broad grin on his lips. He said 'Oh my Goddess, that was beyond words.'

"When he'd completely relaxed, I removed my finger from rosetta and, after removing the glove and washing with a hand sanitizer, then I put one hand on vajra and one on his heart. We gazed into each other's eyes and felt the Kundalini energy running between us.

Closing

"We gave each other feedback about our experience. He admitted to the most ecstatic orgasm of his life. I admitted to being totally honored to facilitate his virgin prostate orgasm.

"We both knew he would never be the same.

"We gave each other a Heart Salutation and closed our Sacred Space.

"His partner was ecstatic and could hardly wait until they could practice together."

Steve's body learned that the male G-Spot is truly the gateway to higher ecstasy, new orgasms, and deeper connection with spirit and his beloved. Blending Sacred Gate and vajra massage creates an amazingly powerful experience.

Next Stop: Soaring In The O-Zone

Having learned rosetta penetration and prostate massage, plus peaking and plateauing, you're nearing the culmination of this ecstatic journey.

All you need now is to repeat Pelvic Healing enough until your armoring melts away. Once you've cleared out all the hot spots inside and out and de-armored the pelvis, Sacred Gate massage becomes unusually exciting.

Then you can refocus these same techniques for maximum pleasure. Your orgasms will naturally expand, strengthen, and deepen in intensity. You can repeat each peak and plateau at will, climbing to levels so much higher than you ever felt with a quick squirt. By coupling vajra and G-Spot massage together while you're riding the wave of Kundalini to the O-Zone, you'll experience the most fantastic states of ecstasy imaginable from blended orgasm.

There still is one threat to your successful culmination of blended orgasm: expecting record-setting fireworks in any given session. Remember, this is a gradual process of transformation. Let it be and let the O-Zone come to you.

What Did You Put In That Blender?

Blended orgasm originally referred to merging clitoral and yoni explosion at the same time. We extend the term to include any orgasm from two or more sources of pleasure, like vajra and Sacred Gate. Now that you've mastered Orgasmic Breathing, you can also blend energy play with any of those orgasmic triggers.

Dealing with multiple sources of pleasure is both the delight and challenge of blended orgasm. You will receive more sensation from more sources than you're accustomed to. You need time to answer these questions and expand your pleasure balloon...

- Can you deal with such intense feelings?
- Can you handle it?
- Can you focus on more than one pleasure at the same time?
- Can you pump so much Kundalini so fast into your pleasure balloon?
- Is it flexible and expandable enough to absorb it all?

If you drop into a meditative no-mind condition, surrender to the natural forces within your body, and let the pleasure sweep you away, you'll soar on wings of ecstasy over and over, again and again.

Delightful as it is, giving up control like this can be extremely scary at first.

Playing Your Instrument In Stereo

The giver of blended stimulation has a major challenge as well. With one hand or mouth on vajra plus one hand inside rosetta, you have to pay attention to two or more different actions with different rhythms and different responses at the same time.

Can you make sense when you're listening to two different stereo music channels

simultaneously? No, it's actually more like playing two different tunes on two different musical instruments at the same time.

Without confidence, experience, and total presence, a lover can't give each separate channel the attention it deserves. This is even more demanding for novice self-pleasuring when you have to both give and receive simultaneously.

Getting to this place takes lots of practice for both giver and receiver, and for both together to get in sync. What's the secret? Just as we've advised the receiver, a giver can only do this well by relaxing into a meditative no-mind condition and tuning in to the ebbing and flowing of their beloved's pleasure balloon.

Instead of planning and thinking, you can only excel at giving blended orgasm by using inner guidance, surrendering to the spontaneous flow of the experience, and following your beloved's energy. It's much closer to the intuition version of the Maximum Pleasure Practice than the receiver leading version.

You'll recognize all the actions in the following and final practice in this ebook. You've practiced all the components separately to get to this point. Now you're ready to make beautiful music together over and over.

Get it, this isn't one-time learning experience. This is a model for many many future lovemaking sessions. Enjoy!

PRACTICE: Multiple Male Blended Orgasm

Purpose

The purpose of this final male G-Spot practice is maximum pleasure from blended stimulation of vajra and the prostate gland. Using Tantric methods, stronger pleasure sensations, longer more powerful orgasms, and greater ecstasy are within easy grasp.

1. PREPARE WITH 5 TANTRIC S's

Start with Supplies, Showering, Setting, Stretching, & Settling.

Open your Sacred Space with a Heart Salutation.

Discuss the Partnering Questions.

Agree on any options you want to be open for or signals that you may need, like for example to stop stimulation before he ejaculates.

Giver, offer a flower to rosetta or other gift to your beloved. Say something like "I offer this flower as a sign of devotion to your pleasure and my love of your true divine nature. My only intent is to be of service. I am deeply moved and honored to be invited within such a private and sacred place."

2. WARM-UP

Ritually undress the receiver and give him a sensual massage. Repeat the bodywork around the pelvis you learned in the earlier practice. Awaken his G-Spot through the Perineum Point.

3. VAJRA MASSAGE

Ask your partner's permission to begin massaging vajra. Use whatever strokes and methods he prefers, following his guidance and reactions. Bring him to several peaks of pleasure to thoroughly fill his pleasure balloon. Just be sure that you follow his signal to stop before ejaculates. (If this is a challenge for either of you, we recommend you get a copy of Somraj's ebook [Ultimate Ejaculation Mastery](#).) If necessary, remind him to continue Orgasmic Breathing absorb the sensations throughout his body.

4. ENTRY

When you judge rosetta is ready for a visit, giver, ask something like "May I enter your dark cavern?" Wipe any oil off one hand and, if you prefer, put on a glove with lots of water-based lubricant. Penetrate rosetta with a finger or chosen sex toy. Slowly and sensuously go deeper until you're past the two sphincters. While you're entering, maintain some occasional vajra stimulation with the other hand.

5. PROSTATE MASSAGE

Once he's relaxed and open, concentrate on massaging your beloved's prostate. Vary your strokes until you discover what feels best in this moment. Remind him to continue Orgasmic Breathing until he's really high.

6. DUAL FOCUS

Alternate your attention and movements between the G-Spot and vajra to take him even higher. Then, coordinate your motions to stimulate both at the same

time. Or he can self-pleasure vajra while the giver focuses on his Sacred Gate.

7. ORGASM

When he's ready, go for maximum pleasure. Bring him to several blended peaks, letting him plateau as long as he wants, and then back off, getting him to relax. Encourage him to spread the streaming sensations throughout his body. Fill his pleasure balloon to the max until he's nearly levitating. Then if he wants, take him over the top to an explosive orgasm. To fully appreciate the power and splendor of this experience may take several practice sessions. It took Somraj a few months of fairly regular sessions to relax and open, but then, WOW!.

8. CLOSING

When he's had enough, remove your hand, clean up, smoothly cover vajra with one hand, maintain eye contact, cover his heart with your other hand, and breathe together, visualizing energy circling between you.

Giver, cover with your partner with a sarong or blanket. If he desires, lie in each other's arms, spoon, hug, comfort, or cradle his body. Lie together in silence for a few moments savoring these new feelings, or sweetly share the experience while holding each other, as he prefers.

Because this process can be so intense, you he may want to talk about it now, or he may want to wait until he's ready. Honor his choice.

When you're ready to end, close your Sacred Space with a Heart Salutation. If you choose, bathe together and be sure to drink lots of water.

Chapter 8: Closing

8.1 Opening

Our final chapter closes the door on your male G-Spot training program. After some final sentiments, we want to share our story with you, our profound turning point with Sacred Gate orgasm. Our sexuality, which has been transformed repeatedly since we began our Tantric journey in the mid 1990s, will never be the same again.

So that this is just a step in your continuing sacred sexual evolution, we've given you some advice about where to go from here. This includes some Tantra At Tahoe services we can provide to support this journey or future ones you choose.

In this Closing Chapter, you'll also find resources to go further with your study and practice of Tantra...

- Our other great ebooks,
- Sex toys,
- Reference books,
- Music suggestions,
- Tantric Glossary.

If you have questions or think we've left anything out, please contact us. We'd love to hear your experience with Tantric Male Multiple G-Spot Orgasm. Click [here](#) to reach us.

Closing The Back Door But Hopefully Not For Long

The dark recesses of a man's hidden grotto are the doorway to vast storehouses of energy and incredible orgasmic peaks. Now you know that you just need the information, courage, and skill to explore.

With any luck, you'll embrace some of the principles and practices of Tantra and sacred sexuality. These will help you approach male G-Spot pleasure with the attitude and mindset that can transform your love, life, and sexuality.

We've addressed the most common concerns about anal play and then thoroughly reviewed male sexual anatomy. Knowing the lay of the land, we guided you to find the most comfortable positions, loosen the tissues around the pelvis, and massage the prostate through the Perineum Point.

Please take our advice in the [Sacred Gate Massage Chapter](#) seriously. Make this more than a one-time experience. Instead, embark on a personal program of experimentation, discovery, and childlike play with male G-Spot massage. The four basic strokes and all the possible variations can provide a lifetime of fun and delight for both of you.

With repeated Pelvic Healing to release armoring, any man can open to the incredible life force locked away in his Sacred Gate. Through Tantric prostate massage, you can experience intense implosions, Tantric energy orgasms, soaring ecstasy, and ultimately Supreme Bliss.

A brave Shiva who allows himself to be penetrated and open to the joys of blended orgasm not only enjoys himself immensely, but learns the empathy to understand how Shakti wants to be made love to.

Not only does Supreme Bliss await you, Shiva, but your Shakti as well.

I'll Have What He's Having

We, Somraj and Jeffre, have been playing with Sacred Gate massage on and off for several years now. To be completely honest, Somraj didn't start with a loose rosetta or enjoy G-Spot play much at first. But with repeated Pelvic Healing he gradually opened.

After several sessions learning what he liked and what he didn't, he was able to better guide Jeffre to bring him to peaks, plateaus, and ecstatic highs. Because Jeffre is the all-time world champion at giving Somraj hand jobs, we spent many delightful sessions learning to alternate and synchronize vajra and Sacred Gate play.

We enjoyed playing with these new sensations and delights repeatedly. Soon she didn't need much instruction or feedback, being tuned in to following Somraj's energy and his highly demonstrative sounds and movements. Gradually we mastered the blended orgasm as Somraj relates...

"When we first began Sacred Gate massage, I was almost entirely vajra centered. As rosetta opened, I got longer and longer glimpses of the pleasure hiding in my G-Spot. Eventually, almost unexpectedly one day, Jeffre's masterful simultaneous vajra and Sacred Gate massage awakened a new experience - my first blended orgasm.

"The waves of pleasure were enormous, at an entirely new level. The surges of heat and electricity up and down my body made me vibrate all over. It was like I was coming deep inside but without the muscle contractions that usually make me squirt. And it kept going on and on, me writhing, screaming, and shaking until I was spent.

"I was left with a deeper kind of inner stillness and fulfillment than I'd ever known before."

Remember the famous line from When Harry Met Sally when Meg Ryan fakes an orgasm in a coffee shop? Right, a nearby gray-haired woman (actually the director Rob Reiner's real mother) exclaimed "I'll have what she's having!"

If you had been there that night with me and Jeffre, you'd have ordered the same.

What Could Be Better Than This?

Two physical stimulants, vajra and the Sacred Gate, couple to produce an unusual electric flow of pleasure from inside to outside and back again. Blended orgasm, as women know from simultaneous clitoral and G-Spot stimulation, is a rare treat.

Could there be anything better?

You'll have to try everything to answer that question yourself. We're always experimenting and reaching for more, for the new and different. But we accept the pleasure we create as complete in the moment so we don't **need** anything better.

Because of this mindset, Somraj was still wondering what Sacred Gate orgasm was like separate from vajra stimulation. One drawback was that Jeffre's fingers aren't long enough to reach all the way to the top inner end of his prostate. No matter how open his rosetta and awakened his Sacred Gate, she just couldn't reach and apply the best strokes for very long.

Through some solo experimenting with [Aneros Male G-Spot Stimulator](#), the [Crystal Wand](#), and other [butt plugs](#), [vibrators](#), and [dildos](#), Somraj discovered more windows of ecstatic opportunity. These pleasure discoveries motivated him to suggest that Jeffre explore what she could do with these tools.

The first couple times were more like practice sessions and learning opportunities than anything else. You know, fun without the fireworks. But the prospects were enticing.

Then one long night recently, after vajra gave yoni so much ecstatic pleasure, Jeffre declared she needed a break. But Somraj was still raring to go. So she suggested she put all her attention on his Sacred Gate. For easy vision and access in our sacred space in front of the fireplace, Somraj got on all fours with Jeffre sitting behind him.

A Form Of Penetration To Beat All Penetrations

She lubed up the perfect toy, sensuously approached rosetta until he was loose and craving more, and penetrated him deeply. What he felt was unique and intense, a strong current of pleasure that gripped his insides tightly and shook him ecstatically inside and out.

Was this because he'd never felt such long, deep, and hard thrusting on his G-Spot before? Was this because of his extensive Pelvic Healing, opening, and relaxation? Was this because he was so turned on from so much exciting lovemaking? Yes, all the above. And because he loves and trusts Jeffre so much.

In the heat of the moment, they both forgot about one of Somraj's favorite things ever, pleasuring vajra. He was simply fixated on this new and intense feeling inside, of his Sacred Gate opening to new planes of sexual pleasure.

For an hour, his loud cheer became our Tantric mantra, "more, More, MORE!"

By following Somraj's clear-cut signals about what was producing the best sensations, she was able to follow his energy without much thought. By using a dildo, Jeffre was able to continue massaging Somraj's prostate without strain or fatigue as his screams rocked the foundations. Here's how he described his first purely Sacred Gate orgasm...

"In all my years of sexual training and experimenting, I'd never felt such ecstasy so strongly, so deeply, so intensely. It was as if my inner core, my chakras and inner flute, were pulsating, expanding, and contracting so vigorously that all I could do was surrender. If I had fought such overwhelming sensations, I would have felt my guts being ripped out.

"But I didn't want to resist, I wanted to absorb all that I could. So I let go, relaxed any

semblance of control, and screamed for more. The more my G-Spot received, the stronger the vibrations inside and out. The fireworks kept going off inside, wracking me with ecstatic earthquakes I'll never forget.

"That night I truly dove through my Sacred Gate into another realm of power, beauty, and bliss. It was hiding there all along inside waiting for me to be ready. Now that I know I am, I'll be making that trip lots more often from here on out."

8.2 Where To Go From Here Section

Get The Most Out Of This Program

If you've read all the way here, congratulations! We applaud your dedication to your sexual growth. While we're on the subject, we're wondering "How much have you practiced?"

So we guess you know what we're going to say now. Tantra is a practice. Understanding is great but won't change your inhibitions, energy channels, or sex life much. To transform your sacred sexuality, you need to...

- Explore your body to discover new erogenous zones and long dormant sensations,
- Experiment with Sacred Gate massage for yourself and then with a partner,
- Cleanse your tissues of any armoring that's hanging around with Pelvic Healing, and
- Repeat these practices over and over to get your Kundalini flowing and filling your pleasure balloon to the max.

Not to mention all the other things we've urged you to try out.

Which is why we've gone to the trouble of creating detailed step-by-step instructions for you to put these concepts into action. By way of summary, let us simply say...

DO IT!

Decades Of HomePlay Ahead

If you've been practicing some all the way through Tantric Male Multiple G-Spot Orgasm, that's fantastic. We know there's lots to do. If you're obsessed with doing every practice in our ebook, you could drive yourself crazy and burn out. So we want to leave you with some advice about how to manage your training regimen.

- Use the Tantric approach of taking it easy and trusting your intuition.
- Treat each chapter as a buffet.
- Taste the dishes you're drawn to.
- Eat more of what you like and leave the rest for later.

How many years has it taken for you to develop the sexual patterns that define your

sex life? 10, 25, 50? Undoubtedly you've played, enjoyed, and learned. And recognized that there's more to know, to experience, to give, to receive.

Please don't expect instant transformation. Don't push for overnight mastery of everything. Don't compare your skill or progress to Tantric adepts who've been practicing for decades.

However long you've been at it, we firmly believe it's worth it to take your time. Plan months, a year, maybe several years to experiment with prostates, vajras, Sacred Gates, and all their cousins. Better yet, adopt sexual exploration and personal discovery as a continuing way of life.

Though we've been developing ourselves Tantrically for nearly a decade now, this is the path we've dedicated our lives to. Far from over, we continue to enter new stages of growth and learning.

We hope reading [Tantric Male Multiple G-Spot Orgasm](#) has inspired you to make sacred sexuality, Tantric practice, and raising consciousness an integral part of your life.

Supreme Bliss is a journey, not a destination.

Get Into Heaven By Playing, Not Working, Hard

Human sexuality is adult play in the highest sense. We call it *leila*, the Sanskrit term for divine play, a gift of the gods.

You can become a skilled technician by practicing all you've read here about anatomy, strokes, and positions. Just humor us before you decide that makes you one of the world's greatest lovers, and ask any woman if that's enough.

Supreme Bliss requires more than the physical.

This is the incredible promise of Tantra. Not just doing sex, but talking about it. Changing getting off into sacred ritual. Deepening intimacy by connecting all your chakras. Making love to raise awareness. Using Kundalini to cleanse your emotions. Ultimately, merging spirit with sex.

Tantra offers an unlimited variety of ways to play with your body, mind, and soul. Embrace the dynamics we've shared here and enjoy sex way past middle age into your 80s, 90s, and beyond. We just can't imagine ever being bored again.

All You Need Is Love

Because there is no right way, you can't get it wrong. Drop your expectations of how your lovemaking will unfold. Don't make true love, orgasms, or ejaculations into a goal.



Learn to appreciate your natural instincts that began with playful spontaneity, child-like innocence, and unbridled curiosity. Glory in your love of thrills, insatiable appetite, and passion for living.

Simply seek pleasure and let whatever the universe offers be more than enough. Show gratitude for every little gift and welcome the flood of wondrous things that you're given.

Make your spiritual practice the four cornerstones of Supreme Bliss: breath, sound, movement, and presence. Use Kundalini as the healing force to clear blocks, release resistance, and melt armoring.

Let your orgasms come to you and surrender to the ecstasy waiting to be unleashed.

Focus on the subtle sensations vibrating inside. Get out of your own way and let your sexual orgasmic energy flow. Watch as your pleasure balloon fills so full you drift away on a cloud of ecstasy into the perpetual O-Zone.

Remember above all else, nothing is more important than that you feel good.

You deserve it. You don't have to earn it, you just have to let it in.

Pleasure is your birthright.

Ecstasy is your native state.

Supreme Bliss is heaven on earth.

Where To Go From Here

As you begin to absorb these Tantric truths and sacred sexual practices into your life, remember the famous bumper sticker...

Shift Happens.

We trust that all change is ultimately good, though sometimes it doesn't feel like it when it's surging through you. So we want to leave you with some guidance about options you have to support your journey...

Free Newsletter

For new information, juicy practices, and frequent reminders, register for our FREE "[Sacred Sexual Secrets](#)" newsletter by clicking [here](#).

TeleSeminars

When you're ready to explore specific aspects of Tantra, Tantric Sex, and Kama Sutra LoveMaking, we'd love to talk with you. We offer dozens of quick, focused [TeleSeminars](#) on specific subjects like many of those covered in this ebook. Plus we can tell you all about female ejaculation, strengthening erections naturally, Kama Sutra sex positions, oral sex and more. Click [here](#) for the complete list and details.

Sexuality Coaching

If strong emotions erupt, slow down, breathe, and let them run their course if you can. If you're too uncomfortable, a therapist trained in dealing with sexual and Pelvic Healing can ease your journey. We've been successful in doing this [Sexuality Coaching](#) in person and by telephone. If you need someone to talk to, need some advice, or need some help, take a look at our Coaching services [here](#).

Intro Consultation

If you're not sure what you need and want a quick assessment of your options, register for our [Tantric Sex Assess](#) that we offer to readers at 75% discount. Click [here](#) for details and registration.

Private Workshop

If you've decided that Tantra is exactly what you or your relationship needs and you want the fastest possible transformation, register for your private [Tantric Workshop](#) with us [here](#).

Charge Your Spirit With Passion

If you're interested in integrating Tantric Sex into your life but aren't ready for the fastest possible transformation, take a look at our four-session teleseminar, [Charge Your Spirit With Passion](#) by clicking [here](#).

8.3 Resources Section

Other Sacred Sex Ebooks

You've undoubtedly read about how our other ebooks can help you. We've summarized the information here in one place so you can locate further details and easily get your personal copy. Click below for specifics about each ebook. Click [here](#) for BIG SAVINGS when you buy several in a package.

Enjoy Stellar Sexual Ecstasy & Deeper Love Connection With Our New How-To Tantric Sex Manual

Tantric G-Spot Orgasm & Female Ejaculation:

Awakening Her Sacred Gate to Supreme Bliss

Here's the complete guidebook to supercharge your sexual play with Female Ejaculation and Tantric G-Spot Orgasms of incredible power and emotional sweetness. No longer will your or your lover's G-Spot be mysterious and elusive. Read our latest ebook to know exactly how to awaken it, find it, and touch it for supreme pleasure. With frank language, step-by-step instructions, real pictures, and clear charts, you'll learn how to excite the G-Spot with fingers, tongues, and sexual intercourse. Our new how-to sex manual guides you to expand your capacity for pleasure by giving and receiving the amazing ecstasy of Female Ejaculation. And it comes with a 100% Satisfaction Money-Back Guarantee! Click [here](#) for details.

Make Love For Hours With Unlimited Sexual Stamina

Ultimate Ejaculation Mastery:

The Ecstatic Tantric Solution To Premature Ejaculation

Learn to prevent premature ejaculation forever naturally with our best-selling ebook for men and their lovers, Ultimate Ejaculation Mastery. It offers powerful practices, explicit sex tips, and proven advice that explain the ultimate Tantric approach to making love for as long as your partner wants, while you experience more ecstasy than you ever imagined possible. Did we mention that it comes with a 100% Satisfaction Money-Back Guarantee? Click [here](#) for details.

Rekindle The Fire In Your Relationship & Make Sex Sizzle

Intimacy:

A Green Light For Red Hot Sex And A Lifetime Of Loving

The fuel for an enduring, sexy, passionate, love affair is an ever-growing depth of intimacy, which opens the door to an ever-evolving red hot sex life. Dhyana Jeffrey's sizzling new playbook will give you the love making tools, hot sex tips, and sex education to make your sexual health relationship hotter than ever. Click [here](#) for details.

New Ebooks We're Actively Working On

We're in the midst of working on additional ebooks which soon will be a complete series on sacred sexuality and Tantric practice. They are...

- [A Beginners Guide To Supreme Bliss Tantra & Sacred Sexuality](#)
- [Tantric Oral Sex](#)
- [The Dance Of Love: Kama Sutra Tantra Lovemaking](#)
- [101 Ways Of Making Love Without Intercourse](#)

If you've registered for our FREE "[Sacred Sexual Secrets](#)" newsletter, you'll hear about how we're progressing on our writing projects. If you haven't, register [here](#).

Products To Enhance Your Sexual Pleasure

For details and ordering the following products, please click [here](#).

[Crystal Wand](#)

Our favorite sex toy for female and male Sacred Gate massage is the Crystal Wand. It's a sensuously curved "S" shaped bar of clear plastic that's easy to hold and manipulate while you insert the other end. The Crystal Wand was specifically designed to easily stimulate your own or another's G-Spot, allowing deeper reach and the right pressure and vibration when and where it counts. For details and ordering, click [here](#).

[Aneros](#)

The Aneros Stimulator is a one of its kind plastic sex toy for ecstatic male G-Spot and prostate self-play. Men using Aneros report increased erectile strength and sensitivity, greater orgasm intensity and duration, and intense cascades of pleasure throughout the body. Any man wanting to experience multiple orgasms will want one. For details and ordering, click [here](#).

[KegelMaster](#)

The KegelMaster 2000 is an FDA-approved exerciser specifically design to help women build strong healthy sexual muscles. It's made of medical-grade plastic and surgical stainless steel, applying resistance against vaginal muscles as they contract through their full range of motion. You'll notice the difference after the first use! For details and ordering, click [here](#).

[Luv Linens & Luv Liners](#)

These are super-absorbent, waterproof pads designed to keep your lovemaking space clean and dry during sex. Luv Liners are soft and disposable while Luv Linens are washable and reusable. And they're really inexpensive. Luv Liners and Luv Linens provide protection and peace of mind for love's most slippery moments so you can enjoy the wettest sex ever and let your love flow without hesitation. For details and ordering, click [here](#).

Anal Douche

For that extra security of emptiness and cleanliness before rosetta play, you can get an anal douche kit that you can reuse repeatedly through confidential mail by ordering [here](#).

Liberator® Shapes Bedroom Adventure Gear

Modern-day Kama Sutra sex positions are easy with Liberator® Shapes four firm cushions for ecstatic lovemaking. Sex feels different at an angle. Sex lasts longer at an angle. Try the four Liberator® Shapes cushions and you'll see that new sexual positions can mean a brand new, totally wild, love life! The Wedge, Ramp, Stage, and Cube make new, comfortable positions possible. Click [here](#) for information and ordering.

Sex Toys Designed Specially For G-Spot Massage & Anal Play

Please visit our stocked [Adult Products Store](#) replete with anything you've ever dreamed of to enhance your sex life by clicking [here](#).

Lubricants Dedicated For Anal Play

Please visit our stocked Adult Products Store replete with anything you've ever dreamed of to enhance your sex life by clicking [here](#)

DVDs & Videos For Sex, Erotica, & Tantra Instruction

Check our DVD and Video page regularly for specials and new finds. We specialize in instructional materials where you can actually see real people engaged in Tantra and Tantric Sex. Click [here](#) for action learning.

Erotic Wear & Lots More Sexy Stuff

Please visit our stocked Adult Products Store replete with anything you've ever dreamed of to enhance your sex life by clicking [here](#).

Viagra, Levitra, & Other Low-Cost On-Line Prescriptions

Get great confidential deals on all FDA-approved prescriptions from Excelsior Pharmaceuticals for men's issues, herpes, birth control, weight loss, pain release, stopping smoking, muscle relaxation, and more. Free on-line consultation. No appointments, no hassle, discreet shipping. Secure on-line ordering today and get your order delivered tomorrow. Click [here](#).

Reference Books For Further Study

We used to put our recommended reading list at the end of our ebooks. But it's gotten so long and we add to it so often that we decided a link to the book page on our website would be better. You can go right there by clicking [here](#). The page you'll arrive at has got live links to buy any of the titles you want to purchase.

But there are a few that stand out as essential for a man who wants to dive deeper into Tantric Sex, which you can also purchase on-line [here](#).

Anal Pleasure & Health: A Guide for Men and Women by Jack Morin, Ph.D.

The acclaimed standard in what it says, anal pleasure and health. If you're interested in opening your back door to a whole new dimension of pleasure, this is a must read. This book carries a watershed of joyful erotic information. A sensible and compassionate treatise on the too-long neglected area of anal pleasure. This book completely covers the subject of anal eroticism and how to approach it safely and pleurably.

Sexual Energy Ecstasy: A Practical Guide To Lovemaking Secrets Of The East And West by David and Ellen Ramsdale, Bantam Books, New York, 1985

The most practical and technique filled book about creating and maximizing the ecstatic response during lovemaking. Very spiritual and, as you might expect from the title, focused on maximizing sexual energy.

Prostate Health In 90 Days Without Drugs or Surgery by Larry Clapp, Hay House, Carlsbad, California, 1997

This powerful self-help book teaches you how to stop prostate trouble in it tracks; understand what causes cancer; reverse the cancer-causing effects; cleanse and strengthen vital organs; enhance your sex life, and virtually eliminate your chance for disease. Dr. Larry Clapp was diagnosed with prostate cancer in 1990. Given the limited options of surgery and radiation, he began intensive research into self-healing alternatives and developed a treatment for prostate cancer, which he successfully used to cure himself.

ESO: How You And Your Lover Can Give Each Other Hours Of Extended Sexual Orgasm by Alan P. Brauer, M.D., and Donna J. Brauer, Warner Books, New York, 1983

This is a short ground-breaking book with a workable method to separate ejaculation from orgasm and extend loveplay which really makes clear how much sexual potential the average lover never activates. Though somewhat clinical and non-spiritual as you'd expect from a physician, it gives physical exercises to make both men and women's orgasms reach inconceivable new heights and go on forever.

The Love Keys: The Art Of Ecstatic Sex by Diana Richardson, Harper Collins - UK, 1999

This may be my favorite Tantric book of all time. It's a perfect blend of the Tantric weaving of heart, spirit, lust, ritual. and practicality. Diana is quite opinionated about many unique practices which all bear experimentation.

The Ethical Slut: A Guide to Infinite Sexual Possibilities by Dossie Easton & Catherine A. Liszt, Greenery Press, San Francisco, 1997

Achieving sexual abundance with style. Beyond the often unrealistic ideal of lifetime monogamy lies an uncharted jungle of delightful options — friendly sex, casual sex, group sex and more. In this ground breaking volume, therapist Dossie Easton and

sex educator/author Catherine A. Liszt provide a road map for exploring the sometimes difficult, often rewarding territory of non-traditional relationships. Warm, informative details about how to get your needs met, manage your jealousy, make agreements that work for all concerned, talk to your friends and relatives, and build a life full of all the sex and love you want.

The Art Of Sexual Ecstasy: The Path Of Sacred Sexuality For Western Lovers by Margo Anand, Jeremy P. Tarcher, Los Angeles, 1989

What can we say, this is our teacher's book that started us on the ecstatic Tantric path. It's the most comprehensive practical system replete with exercises and practices that you'll want to pour over and do again and again.

The Tantra Experience: Discourses on the Royal Song of Saraha 1 by Osho Rajneesh.

Part 1 of Osho's lectures on the basic approach to life and sexuality that we call Tantra. For anyone who wants to go beyond sexual techniques and understand sacred sexuality, you definitely want to start here.

Tantric Transformation: Discourses on the Royal Song of Saraha 2 by Osho Rajneesh.

Part 2 of Osho's lectures on the basic approach to life and sexuality that we call Tantra. For anyone who wants to go beyond sexual techniques and understand sacred sexuality, you definitely want to start here.

Tantra, The Supreme Understanding: Discourses on the Tantric Way of Tilopa's Song of Mahamudra by Bhagwan Shree Rajneesh

Osho's discourse on Tilopa's Song of Mahamudra moves beyond mere interpretation. Osho explains the essence of Tantra: "It has no attitude to look at life. It has no concepts, it is not a philosophy. It is not even a religion, it has no theology. It doesn't believe in words, theories, doctrines." Tantra says "yes" to everything, moving beyond dualism — it is acceptance. Osho shatters preconceptions, traditions, and ideas. His discourse is powerful, poetic and illuminating.

Music Suggestions

Since Tantra is deeply into opening all our senses, creating mood and ambiance with music is one of our specialties. We can't give you a comprehensive list of our favorite music for every situation, but we've suggested some long-time standards. For more, check out our music page on our website [here](#).

Tantric Practice Music

El-Hadra: the Mystik Dance by Klaus Wiese, Ted de Jong, Mathia Grassow

The rhythm of Sufi trance meditation. One of our key practice CDs that we use to teach sexual breathing and moving energy up your chakras. This rhythmic moving background piece was specially produced for our teacher, Margot Anand. Just listen-

ing to it makes us stream sexual energy.

Dorje Ling by David Parsons

A slow, rhythmic, moving, trancey mix which samples traditional Tibetan music with a gently evolving electronic composition. The first 14-minute track is called "Tantra."

Passion by Peter Gabriel

Over 20 short tracks with mostly subtle rhythms, composed as the score for the "Last Temptation of Christ." Often melodic and sensuous, sometimes quiet, sometimes raucous with a Middle Eastern flair.

Deep Forest, Boheme, and Comparsa by Deep Forest

We don't know if these guys really are African or are Western new age musicians playing earthy sounds. Regardless, the primal nature of Deep Forest's music is great for dancing, moving the hips, and getting sexual energy flowing.

Totem and Bones by Gabrielle Roth and the Mirrors

Jeffre loves drums and primitive rhythms so Gabrielle's simple beat turns her on more than most who simply find them trancey.

Relaxing Meditative Music

SAN by Deuter

The consummate new age musician who's responsible for the dynamic music on many of our meditation CDs uses his gentle touch for this series of soft subtle relaxing themes.

Tantric Heart: Music For Lovers by Shastro

Two long slow sensual tracks inspired by Indian themes which is energizing and relaxing.

Higher Ground & Sensual Pleasure plus others by Steven Halpern

Evocative, sustained chords float, suspended in time, amply meditative and relaxing.

Tantra Drums by Al Gromer Khan

Mystical, flowing, sensual, erotic, engaging... lovely musical support for slow, ecstatic lovemaking. Transports the listener to another level of consciousness.

Music To Disappear In 1 & 2 by Raphael

Key elements in the trancey section of our music collection, bound to lull anyone into a timeless space.

Sensual Lovemaking Music

ERA by ERA

The eerie chanting and vocals of ERA are hip and upbeat creating an erotic mood.

Erotic Moods by Nusound

A rhythmic sensual romantic musical journey punctuated by lush electronic sounds.

Mythos by Mythos

This upbeat group centered piano and guitar but with many other instruments in places is our latest favorite, featuring an timeless feeling of mysticism through African, Middle Eastern, and Oriental tones.

Karma, Poem, Chimera, & Semantic Spaces by Delerium

Maybe because we both love rock and roll so much, Delerium has long been one of our top artists for lovemaking. Their three latest CDs put us into an altered space with electronic sound, hypnotic rhythm, and sensual themes. "Poem" has more strong vocals than the earlier two which pulse right into our subconscious energy centers.

Sensual Sensual, Suave Suave, & Spiritual Spiritual by B-Tribe

Two of our favorite erotic CDs have some Spanish vocalizing over rock-type flamenco music. Since we don't speak the language, it transports us to a romantic space without thinking.

Enigma, The Cross Of Changes, Le Roi Est Mort, & The Screen Behind The Mirror by Enigma

Any new collection of sensual music has to include Enigma's four great CDs. They're a little verbal and changeable so they don't have the trance-like effect we prefer, but the rich themes and instrumentation make them a joy to listen to.

8.4 Tantra Sacred Sex Glossary

9.9

The point of no return measured on the 10-point scale of sexual arousal at which ejaculatory orgasm is inevitable.

10-Point Scale

An arbitrary way of monitoring level of sexual arousal during practice and sex play from 1, no arousal, to 10, orgasm.

Amrita

Sanskrit term for the famous “nectar of immortality” or “water of life.” Commonly used in Tantra to mean the divine nectar of the Goddess, or female ejaculate.

Anus

The opening at the bottom end of the gastrointestinal tract, protected by two sphincter muscles, through which solid waste products are evacuated from the body. See Sphincter and Rectum.

Armoring

The tightening of the muscles and hardening of the body's soft tissues due to storing the energy traces of past traumatic experiences. Armoring is an attempt to prevent pain. We tighten and contract to avoid discomfort and protect ourselves. Unfortunately, the energy generated by the experience gets trapped inside. Our bodies become a storehouse for negative imprints. See Resistance.

Auto-Eroticism

Turning yourself on without any physical stimulation.

Backjack

A simple chair-like device that makes sitting on the floor easier. Backjacks are cloth-covered metal-framed back supports that rest on the floor with a low foam-rubber seat.

Big O

A strong explosive orgasm.

Blended Orgasm

Originally, an orgasm that results from clitoral and vaginal stimulation. We extend that definition to encompass any two or more orgasmic triggers, including Kundalini energy.

Breath

One of the four cornerstones of Supreme Bliss. See Tantric Breath, Four Cornerstones.

Butterfly

A massage stroke that uses unexpected flitting taps with your fingertips all over the body with no pattern.

Channel Energy

To circulate, move, or run sexual energy around the body. See energy.

Cervix

The lower end or neck of the uterus which opens into the top end of the vagina.

Chakra

One of seven centers or vortices inside the body from the bottom of the spine to the top of the head where subtle energy is generated, collected, stored, and swirled. Though energy is energy, it has different qualities at each chakra. See Energy.

Chi

See Energy.

Clio

Our Tantric name for clitoris. See Clitoris.

Clitoris

A highly-sensitive sexual organ whose head lies under the intersection of a woman's outer lips and whose legs extend deeper towards the sides of the vagina. See Clio.

Coitus Reservatus or Coitus Interruptus

The withdrawal technique dating from ancient Rome in which the man pulls his penis out before ejaculating.

Come-Hither

A G-Spot massage stroke done by crooking one or more fingers back towards your palm as if you were beckoning someone to come towards you.

Cornerstones

Four simple but powerful physical skills used to generate ecstasy at will — presence (relaxation, mental focus, and concentration), breath, sound, and movement.

Corona or Crown

The ridge at the base of the head of the penis. Also known as the crown.

Cowper's Glands

Two tiny glands below the prostate gland that secrete a clear, colorless, alkaline fluid before ejaculation to cleanse the urethra of any acidic urine remaining. See Pre-Cum.

Cum

To push out sperm. See Ejaculate.

Cuming

Explosive orgasm accompanied by ejaculation.

Crura

Legs of the clitoris which extend deeper inside a woman's body on either side of the vagina.

Desensitizing

Using products or doing things to temporarily desensitize the penis during sexual stimulation.

Devamani

Balls, scrotum, and testicles, adapted from the Sanskrit for divine gems, jewels, or pearls.

Dry Orgasm

A long series of slow pleasurable spasms that men can experience without ejaculating. With a rush of orgasmic energy, the emission phase of orgasm can be avoided while still enjoying the wonderful ecstasy of the expulsion spasms. See Implosive Orgasms

Ductus Deferens

See Vas Deferens.

Ecstasy

Intense joy, delight, and elated bliss. An extraordinary elevation of the spirit by overwhelming emotion so intense that you're carried away beyond the reach of rational thoughts and ordinary impressions.

Ejaculate

To push out sperm. See Cum.

Emission Phase

The first stage of ejaculatory orgasm when the male prostate gland automatically contracts and empties prostatic fluid, a major component of semen, into the urethra.

Energy

The nervous stimulation and physical excitation that our bodies feel all the time which is responsible for emotional sensations and the physical manifestation of spirit. Most strongly felt by most as a result of sexual stimulation and orgasm. In China it's called *chi*, in India it's called *prana*, and in Japan it's called *ki*. See Kundalini.

Energy Orgasm

See Implosive Orgasm, Tantric Orgasm.

Engorged

When sensitive organs composed of erectile tissue swell with blood and darken when aroused.

Epididymis

A storage place for newly formed sperm cells on the top of the testes.

Erectile Tissue

The technical name for sensitive organs that swell with blood and darken when aroused, also known as engorgement.

Erogenous Zones

Parts of the body that arouse sexual desire when you touch them.

Explosive Orgasm

The kind of sudden strong orgasm that relieves tension and releases energy quickly in a few-second flash of pleasure which is accompanied by ejaculation in men and often drains lovers of their vital essence.

Expulsion Phase

Once those little swimmers are emitted into your channel, the rhythmic wavelike soft-muscle contractions propel the semen down your urethra and out the head of your penis where they have a brief fight for survival and usually lose. These contractions of your pelvic muscles that cause the actual release of semen also are the main ones that cause the fantastic pleasure.

Feedback Sandwich or Feedback Cycle

A diplomatic way lovers can ask for changes in sexual play or other behavior without hurting their partner's feelings. The feedback sandwich is a communication cycle, beginning and ending with positive reinforcement, which begins with a compliment, asks for something different, and finally acknowledges what's working.

Female Prostate

Spongy erectile tissue caused by a series of small paraurethral glands and ducts surrounding the urethra along the roof of the vagina. See G-Spot, Paraurethral Glands, Urethral Sponge, Skene's Glands.

Four Cornerstones Of Supreme Bliss

Breath, sound, movement, and presence. The components of an ecstatic experience which Supreme Bliss Tantra uses as tools to summon and channel Kundalini energy.

Frenulum

The ring of indentation just behind the corona or head of the penis, especially on the underside, which is highly sensitive.

Full-Body Orgasm

An energetic implosive orgasm through the entire body accompanied by writhing, undulating, and vibrating all over as a result of channeling sexual energy out of the genitals. See Implosive Orgasm.

Glans

The rounded tip of the clitoris or penis.

Goddess

Any woman who consciously acts from her divine power. See Shakti.

G-Spot

A small pleasure point located a few inches deep on the upper part of the vaginal channel, first reported in the 1950s by a gynecologist, Dr. Ernst Gräfenberg, as the female orgasmic trigger. Actually, it's spongy erectile tissue caused by a series of up to 40 small paraurethral glands and ducts surrounding the urethra along the roof of the vagina. See Female Prostate, Paraurethral Glands, Urethral Sponge, Skene's Glands.

Guru

A spiritual teacher or master, traditionally from India.

Hand Job

Manually pleasuring a vajra by oneself or by a lover.

Head

The glans, corona, or crown of the penis.

HIV

The AIDS or auto-immune deficiency virus

Hot Spots

Tissues inside yoni and rosetta that need healing. She or he may feel tension, numbness, tenderness, soreness, pain, burning, or a bruised feeling. The healer may feel throbbing, heat, or a hard nodule.

Implosive Orgasm

Inner orgasm or Tantric energy orgasm. A long series of slow pleasurable vibrations in both men and women accompanied with a rush of orgasmic energy which occurs when sexual arousal gets pumped back inside and is circulated over and over again without explosive release. See Dry Orgasm, Tantric Orgasm.

Imsak

An Arabic word literally meaning “retention” referring to retaining semen within the body while making love. Imsak was developed for men who needed to satisfy an entire harem each night and couldn’t keep getting it up again and again after cuming with each lover.

Jewels

Genitals, the sexual organs of both men and women.

Inner Flute

The invisible channel near the spine that connects the chakras imagined to look like a hollow bamboo. See Chakras.

Karezza

A still lovemaking technique published by Alice Bunker Stockham, a pioneering female physician, in 1883 during which the penis remains inside the vagina for an hour or more simply feeling the delightful energy.

Kegels

Exercises originally developed by a gynecologist named Dr. Arnold Kegel in 1952 to teach women to regain control of their urinary reflexes by restoring tone of their PC muscles after the trauma of childbirth. See PC Muscle.

Ki

See Energy.

Kundalini

Loosely, sexual or orgasmic energy. The normally latent psychosexual power, likened to a coiled snake, that lies dormant at the base of the spine. When awakened through Tantric practice, Kundalini energy can ascend through the subtle body, creating powerful ecstatic experiences and heightened cosmic consciousness. See Energy.

Leila

Divine play. Reveling in sexual pleasure as a gift from the Goddess. From the Sanskrit for play and joy.

Liberator® Shapes Bedroom Adventure Gear

Four different shapes of firm cushions for supporting sexual loveplay and creating comfortable lovemaking positions, including The Wedge, Ramp, Stage, and Cube.

Lingam

The Hindu name for penis, meaning wand of light. See Vajra.

Lotus Position

Sitting with legs crossed over one another.

Lovemaking Position

See Position.

LovePlay

Any kind of intimate, physical, sexual frolicking that creates turn-on and demonstrates love, affection, and desire. Foreplay is included but we don't like to use that term since in Tantra any kind of loveplay can be an end in itself.

Maithuna

The Sanskrit name for ritual sexual intercourse. See Sexual Union.

Meditation

Sitting and emptying the mind by reciting mantras, watching the breath, or witnessing ideas floating by, intended to create a "no mind" condition of deep inner peace filled with stillness.

Move Energy

To circulate, channel, or run sexual energy around the body. See Energy.

Namasté

Bowing from the waist with hands on heart, palms together pointing up, meaning "the God/Goddess within me salutes the God/Goddess within you."

No Mind

An empty mind. A meditative state of deep inner peace filled with stillness.

Orgasm

Sexual climax, the moment of most intense pleasure in sexual stimulation, usually accompanied with explosive release, and sometimes by an unlimited, timeless, whole body-mind-spirit altered state. See Cumming.

Orgasmic Breathing

The kind of breath, sound, movement, and presence that happens when you have a typical exciting explosive orgasm. Consciously and intensely using these four cornerstones of Supreme Bliss to heighten sexual ecstasy.

Orgasmic Energy

See Kundalini.

Orgasm Master

Someone who can choose the type, timing, and number of orgasms that occur.

O-Zone or Orgasm Zone

The high plateau of sexual ecstasy where you float continuously with multiple and lengthy full-body mind-blowing energetic orgasms. Your mind drifts, your body feels weightless, and you feel as if you and the creative cosmos were one.

Paraurethral Glands

A collection of up to 40 small glands, accompanied by ducts and blood vessels, surrounding the female urethra along the roof of the vagina. Also known as Urethral Sponge, G-Spot, Female Prostate, and Skene's Glands.

PC Muscle

Short for pubococcygeus. The muscle that snakes down around the anus and genitals connecting the pubic to the coccyx bones plus the sitting bones and legs.

Peak

Letting sexual excitement rise to a high level and then immediately drop back down, which, if graphed, looks like scaling a steep mountain peak and then falling precipitously.

Peaking

Adjusting the sexual stimuli that cause sudden surges of arousal in order to come back down without going over the top to orgasm.

Pelvic Healing

Slow, deep, therapeutic massage of the soft tissues around the pelvis designed to release armoring and resistance.

Perineum

The general region of the pelvic floor between the genitals and rosetta (anus).

Perineum Point

The soft fleshy spot between a man's devamani (testicles) and rosetta (anus) where you can dig in real deep and massage his prostate from the outside. See Prostate Point.

Performance Anxiety

The worry of a lover who's trying to achieve a goal like orgasm, competing with internal mental standards, and continuously wondering "am I doing it right?"

PIV

Penis in vagina.

Plateau

An ongoing high level of sexual arousal that continues without diminishing.

Pleasure

A source of enjoyment or delight. Sensual gratification or indulgence.

Pleasure Balloon

An imaginary energy bubble inside you that limits and controls your capacity to feel. At rest, your pleasure balloon is collapsed around your jewels. As you get excited and Kundalini energy fills your container, your balloon expands.

PNV

Penis near vagina.

Point Of No Return

The point of no return during sexual arousal at which ejaculatory orgasm is inevitable. See 9.9.

Polyamory

A open lifestyle which includes multiple lovers with full knowledge and often contact between all.

Position

One of seven basic sexual positions, including...

- Shakti Position (woman on top),
- Cow Position (rear entry),
- Transverse Position (side-to-side),
- Shiva Position (man on top),
- Kneeling Shiva (Position man between her legs),
- Yab-Yum Position (sitting),
- Dancing Position (standing).

Each *position* can be modified in multiple ways by moving torsos, adjusting limbs, and shifting weight. Major adjustments to each position are grouped into several categories called *postures*. Each posture can be adjusted with several *variations*.

Postillionage

A French word for stimulating rosetta (anus) during sex.

Posture

See Position.

Prana

See Energy.

Pre-Cum

A few drops of thick clear fluid that sometimes seeps out of vajra (penis) from the urethral opening after erection or genital stimulation. Pre-cum usually comes from the Cowper's Glands.

Pre-Orgasmic

Referring to a woman who hasn't yet experienced orgasm.

Presence

One of the four cornerstones of Supreme Bliss. Being relaxed enough to open your senses in the moment without any goal or expectation and total 100% focus on the pleasure you're feeling right now. See Four Cornerstones.

Prostate

A firm, partly muscular, chestnut-sized gland which is a long-finger-width inside the rectum of males at the neck of the urethra. It produces prostatic fluid, a viscous secretion that is a primary component of semen.

Prostate Point

A soft fleshy spot between a man's devamani (testicles) and rosetta (anus), below the base of vajra (penis), through which pressure can be applied to the prostate. See Perineum Point.

Prostatitis

An inflamed or enlarged prostate.

P-Signal

The sensation of a swelling G-Spot or Sacred Gate that initially feels like the need to pee, but actually signals the right time for a woman to push out, expel fluid, and ejaculate.

Pubococcygeus

See PC Muscle.

Pudenda

A fancy out-of-date term for external human genitals..

RAMPER

The best method of teaching the Ultimate Ecstatic Solution To Premature Ejaculation which stands for Relax, Awareness, Measure, Pace, Energy circulation, and Ride the wave.

Rectum

The lower end of the colon of the gastrointestinal tract, the human food processing system, which extends from the large intestine to the anal canal at the bottom.

Refractory Period

The time it takes to be able to recover the ability to get and maintain an erection after ejaculating.

Resistance

Anything that gets in the way of your natural flows of life force energy. Usually referring to sexual resistance and the inhibitions that get in the way of desire, turn-on, and ecstatic states. When there's resistance, you feel uncomfortable, withdrawn, nervous, tuned out, turned off, repulsed, angry, irritated, frustrated, hopeless, depressed, or other negative feelings. See Armoring.

Retention

Conserving or retaining semen without ejaculating during sex.

Rosetta

Anus, asshole.

Run Energy

To circulate, channel, or move sexual energy around the body. See Energy.

Sacred Gate

The erectile tissue on the upper wall of the vagina which is a powerful orgasmic trigger and doorway to Supreme Bliss. See G-Spot.

Sacred Space

Consciously making the environment in which you do Tantric practice special. This includes cleaning and beautifying the room you choose as well as cleansing the space's energy and invoking the powers you want included.

Sacred Spot

See G-Spot.

S.E.X.

Subtle Energy eXchange. Any touching, moving, meditating, or erotic sharing including fantasy that stimulates and connects lovers' inner vibrations.

Scrotum

The external pouch that surrounds and contains the testicles.

Self-Pleasuring

A Tantric term for masturbation during which one honors one's body and celebrates pleasure.

Semen

Seed, seminal fluid, or ejaculate. The thick white fluid containing spermatozoa that is ejaculated by the male genital tract.

Sex Positive

An attitude and mindset in which you know that sexual ecstasy is a divine gift and any way you get it is good for you.

Sex Position

See Position.

Sexual Energy

See Kundalini.

Sexual Union

Sexual intercourse. See Maithuna.

Shakti

The Goddess, Shiva's consort, that represents the feminine principle embodying pure creative energy in Tantra.

Shiva

The god Shiva, one of the three primary Hindu deities, known in Tantra as the pure embodiment of masculine force and cosmic consciousness.

Shiva Lingam

An erect penis. Tantric tradition views the all powerful God Shiva with a continuous erection.

Signals

Words, sounds, or hand motions used to give feedback to a sexual partner about erotic reactions and arousal level.

Skene's Glands

Another name for the spongy erectile tissue caused by a series of many small glands and ducts surrounding the urethra along the roof of the vagina. Named after Alexander Skene, M.D., who studied and drew them in great deal in 1880. See G-Spot, Female Prostate, Paraurethral Glands, Urethral Sponge.

Speculum

A plastic instrument used by gynecologists for vaginal exams which dilates and sheds light inside this passage of the body to facilitate examination.

Sperm

Spermatozoa, the male reproductive cells.

Sphincter

A ring-like muscle that normally constricts a body passage or orifice and relaxes as required by normal physiological functioning when the passage needs to open. There's one around the mouth of yoni (vagina) and two that seal the anal canal.

STD

Sexually transmitted disease.

Streaming

To circulate, move, run, or channel sexual energy often without sexual stimulation which creates strong pleasurable spasms and vibrations.

Supreme Bliss

The zenith of sexual ecstasy which transforms Kundalini orgasmic energy into expanded consciousness.

Surrender

Relaxing, releasing the need to control, letting go, welcoming pleasuring flowing through you, and giving yourself completely to an experience.

Taking Touch

A Tantric massage technique where the touching hand feels as much as the body part that's being caressed, usually accomplished by the masseur exchanging energy through the heart, arms, hands, and fingers with the receiver.

Tantra

The ancient spiritual practice of sacred sexuality.

Tantras

Ancient secret writings about Tantra.

Tantric Breath

A Tantric breath is deep, slow, and in the belly. See Four Cornerstones.

Tantric Orgasm

An experience of prolonged peak pleasure in which the whole body vibrates with wave after wave of intense ardor, involving many or all of the chakras. It occurs when Kundalini energy expands inward, flooding the entire body with pulsing orgasmic contractions and continuous wavelike vibrations. See Implosive Orgasm.

Tantric Touch

A soft, slow, sensual massage technique in which both giver and receiver are fully awake with all senses wide open to the physical and the subtle energies being exchanged.

Tantric Sex

Making love reverently, sacredly, and consciously to maximize and circulate orgasmic Kundalini energy.

Tantrika

Practitioner adept at Tantra.

Testes or Testicles

Two egg-shaped male sex glands that hang in the sack of the scrotum behind vajra (penis) producing sperm cells and testosterone

Testosterone

A major sex hormone responsible for sexual desire, libido, and function which exists in both men and women, though in much greater concentration in men. See Testes.

Urethra

The tube or canal through which urine is discharged in both men and women and which serves as the male genital duct that carries semen through the genital system and out the head of the penis.

Urethral Sponge

Spongy erectile tissue caused by a series of up to 40 small paraurethral glands and ducts surrounding the urethra along the roof of the vagina. See G-Spot, Female Prostate, Skene's Glands, Paraurethral Glands.

Urge To Cum

When we get turned on, that something inside that takes over and convinces us to just let go.

Uterus

A pear-shaped hollow muscular organ or womb in which a fertilized egg grows into an embryo, fetus, and baby.

Vajra

The penis or male sexual organ. See Lingam.

Valley Orgasm

A continuous state of orgasmic ecstasy in which the arousal curve stays flat like a mesa and doesn't jump up suddenly as in peaking. See Plateau.

Variation

Modification of a posture in one of the seven basic sexual positions. See Position.

Vas Deferens

Spermatic ducts that convey sperm cells from the epididymes to the seminal vesicles and prostate gland. These are what get cut when a man has a vasectomy. Also called ductus deferens.

Vipassana Meditation

A sensory meditation designed to open multiple senses at once.

VIY

Vajra In Yoni

VNY

Vajra Near Yoni

Witnessing

The process of personal internal observation, feeling what you're feeling now and not doing anything about it. Eastern spiritual pursuits like Tantra call paying attention this being mindful, simply noticing what's going on without taking action.

Yab-Yum

The paramount Tantric sexual position named for the Buddhist term "union of mother and father" in which the man sits cross-legged with the woman on his lap with her legs wrapped around him.

Yes/No Questions

One-word questions that can be answered with a simple "yes" or "no" that allow lovers to give feedback without thinking much.

Yang

Strong male energy and the more forceful male approach. See Shiva.

Yin

Receptive female energy and the nurturing female approach. See Shakti.

Yoni

The traditional Hindu word for vagina.

Zafu

A solid, round Japanese meditation pillow, flattened top and bottom like a thick pancake.