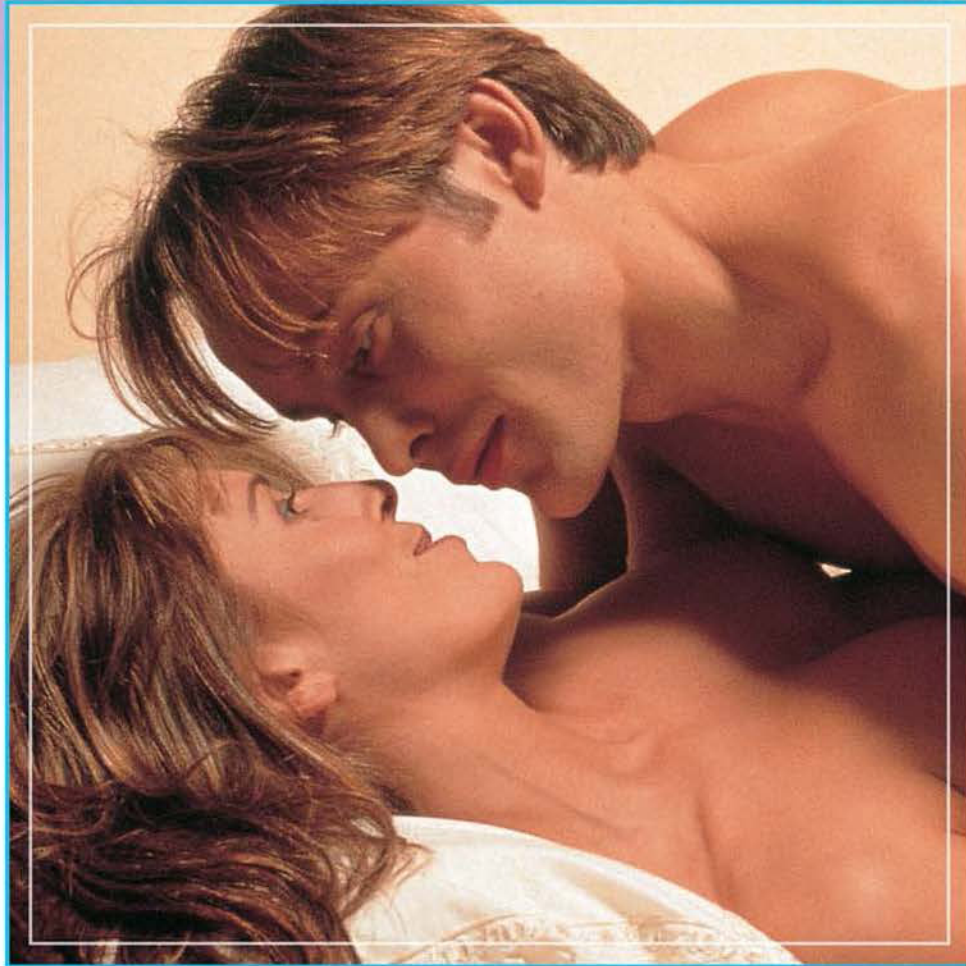


# *Beyond Orgasm*

How to Have a More Deeply Connected Sexual Experience



by Ellen Eatough, MA  
*“The Soulful Sex Coach”*



**BEYOND ORGASM:**  
**How to Have a More Deeply Connected Sexual**  
**Experience**

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## **BEYOND ORGASM: How to Have a More Deeply Connected Sexual Experience**

### **INTRODUCTION**

This is an Extatica educational program, “BEYOND ORGASM: How to Have a More Deeply Connected Sexual Experience,” presented by Ellen Eatough.

Ellen Eatough is the founder of Extatica, Inc. She has a master’s degree in East-West Psychology, which is a marriage of western developmental and transpersonal psychology and Eastern spiritual traditions. Extatica is inspired by her own journey. She is committed to distilling the diverse and extensive bounty of knowledge available on sacred lovemaking and intimate relationship and bringing this knowledge to western lovers in a form they can easily incorporate into their lives. Ellen also conducts seminars and maintains a private practice in the California's San Francisco Bay Area. As a certified hypnotherapist, she works with individuals and couples on sexual healing, emotional intimacy and sexual-spiritual awakening.



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## HOW TO USE THIS PROGRAM

Are you ready to enhance and expand your experience of sexuality and lovemaking? Do you long for more excitement, fulfillment, and a deeper sense of connection? In a moment, I will offer you twenty-one tips and techniques that can bring you more whole-body pleasure, deep connection, and emotional intimacy than you may have even dreamed of.

This program is for singles, as well as heterosexual couples and same-sex couples. These are simple, practical ways you can connect more deeply with yourself, your lover, if you have one, and the Divine by beginning to cultivate sexual energy and an undefended heart. If you don't have a lover right now, don't worry. There is plenty of information here for you. Most of these tips can be applied to making love to the divine within. When you care for yourself in this way, you help yourself heal sexually and learn skills to bring to future lovemaking with a partner.

Your sex life, for better or worse, affects many other areas of your relationship, and life in general. The knowledge I am about to convey to you has evolved from a blend of ancient sacred lovemaking traditions, western transpersonal and relationship psychology, modern sexuality research, and my own transformative sexual-spiritual journey. I am thrilled to be able to share it with you.

Perhaps you've never thought of the words "sexual" and "spiritual" in the same sentence. If so, please keep an open mind and heart. If you are open and willing to explore, you will discover depths and richness in lovemaking and intimate relationship that may far surpass your current notions of what is possible. If you've been exploring sexual spirituality, perhaps even taken workshops, you are likely to discover some new ideas here, in addition to refreshing what you have already learned.



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As with any new skill, the first time you try something, it may feel awkward. Remember when you learned to ride a bicycle or drive a car? At first, you could hardly enjoy the ride because you were focused on learning the skill and using the equipment properly. But now, I'll bet you ride a bike or drive a car without a thought of how you do it, and you can enjoy your internal experience, the company of a passenger, or the passing scenery as you go.

It's the same with learning lovemaking skills. Sometimes you need to practice them in order for it to feel natural. Then they become part of your repertoire that comes into play naturally and spontaneously during foreplay or actual lovemaking without thought, like flipping the turn signal or steering the wheel. So I highly recommend you listen to this whole program and then pick one or two tips to start with. Some will easily incorporate into your lovemaking, just by understanding the point. Others may require a little more attention. Those that feel awkward at first, I suggest you try at least six times, and note the result. If you do this, I guarantee your enjoyment and fulfillment through lovemaking will soar. And don't be surprised when the sense of fulfillment, peace, and wholeness you experience starts to spill over into the rest of your life.



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## CLOSING THE GAP BETWEEN MASCULINE AND FEMININE AROUSAL RATES

### TIP #1: WORK WITH YOUR PARTNER'S SEXUAL ENERGY FLOW

In order to close the gap between masculine and feminine arousal, we need to remember a fundamental law of nature. That is, opposites attract. It seems to be a cosmic joke, but the very polarization that magnetizes us to partner, generally leads us to respond in opposite ways sexually. The failure to understand this can lead to subtle tension or outright discontent in the bedroom.

So, let's address the common differences in masculine and feminine responses to love and sex, in order to bridge any gap in sexual desire and responsiveness. This has to do with the way sexual energy flows in people whose sexual energy is predominantly masculine in contrast to those with primarily feminine sexual energy. (Sexual energy generally, but not always, aligns with gender. In same-sex relationships, typically one person carries more feminine sexual energy and the other more masculine.)

Masculine (or yang) sexual energy is like fire, which goes up. Sexual arousal quickly ignites the genitals, and then the energy moves up towards the heart and warms it. This movement of sexual energy actually helps a man open to his own feelings of love and to be more receptive to his partner's love. Feminine (or yin) sexual energy is more like water, slow to boil, but once aroused can simmer a long time. Her arousal often begins in the mind and generally requires loving feelings to trickle down to the heart. Once fully warmed in the heart, her desire flows down and her legs open.

These differences in the flow of masculine and feminine sexual energy typically call for a different approach to making love with your partner than you might prefer for yourself.



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For example, those with feminine, or yin, sexual energy (regardless of gender) rarely respond well to initial sexual contact directed to the breasts or genitals. In fact, a "direct hit" may be a total turn-off. Her energy trickles down like water and moves and warms much more slowly than masculine types, which is why women tend to need more emotional and physical foreplay to get really hot and juicy for sex. She needs time and assistance to draw the energy away from her mind, and move it toward her heart and then her genitals.

It may help to coax her away from the computer, or help with turning out the lights, etc. Words of appreciation and affection help connect with her heart. Start caressing and kissing her extremities (like her hands, feet, hair, neck, face and lips), and gradually work toward the core of her body. This will allow the necessary time for her heart to warm up and her body to open to her lover.

Then, although there's nothing wrong with the occasional "quickie," if you really want to bring out her juicy and sexual best, take your time. Lavish affection on her and do some of the things that you have learned turn her on. If you go slowly with "everything but" and delay intercourse until she practically begs for it, she will have time to bring her feminine/yin sexual energy to the boiling point, and once boiling, she will be her most sexually responsive self. If you feel your motor going into overdrive, take a deep breath, exhale slowly and imagine yourself gearing down. Allow yourself to savor an expanded experience with all its subtlety.

Masculine or yang types, on the other hand, because their energy moves up like fire, often respond favorably to direct sexual stimulation. They love visual eroticism, like seeing a woman from behind inadvertently bent over. And sudden, direct touch to the genitals is popular. For many yang types, direct genital touch is all the foreplay they need or really want. But if a man's energy stays in his genitals, although he may enjoy the sex and the release, his sexual energy doesn't get a chance to circulate throughout his body and move up to



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his heart and brain where his love for his partner expands and connects with her. This is where true lovemaking begins for him.

So, once he's aroused, caress a man upward and outward from his genitals to his chest, back, head, and arms, and downward to his legs to help spread his energy throughout his body. This, in turn, helps him to feel his sexuality throughout his body. Spreading the energy also assists him in slowing down to better match his partner's pace. And it allows his heart to open and facilitates his experience of full body orgasm.

As with all rules, there are exceptions. We all have, and sometimes express, the opposite energies within us. Often, early in a relationship a woman will draw on her yang, or masculine, energy in the heat of passion. However, if her sexual essence is essentially feminine, or yin, she will have difficulty maintaining this mode as the relationship develops. But her partner may continue doing what worked to create fireworks in the early days of their sex life. Countless women who tend to emphasize their masculine traits in order to be successful in the work world, nonetheless, tell me that they long to dive into their feminine energy in the bedroom. They want their partner to run the show with skill and sensitivity, so they can relax and really let go.

When making love with yourself, explore and experiment with your own masculine and/or feminine sexual energy flow. Take the time to feel what arouses you, spreads your energy throughout your body, and opens your heart.

## **TIP #2: BEGIN FOREPLAY EARLY, VERY EARLY.**

A female friend recently told me that by the time her partner began foreplay in bed, or even while they were getting ready for bed, it was too late for her arousal to catch up with his.

If you want to keep the love fires burning in the midst of a hectic life, consider starting foreplay early in the day, or even days ahead, to kindle the



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flame and start the energy simmering. Then, you will both be ready to come to a full boil when you can get together.

Actually, full-time foreplay is ideal. If you masculine types can get the following point, you will have much happier, more sexually satisfying, relationships. Make a Different Kind of Deposit. Imagine she has an emotional bank account, and affection is the currency with the highest value. Ironically, when **you** want sex, it is often like making a withdrawal, so you need to make **frequent**, even if small, deposits to keep a hefty balance. Caress her sensually and even sexually when you're not planning to "go all the way." Feminine types love this! This helps her to feel loved and sexually desirable on an ongoing basis and free to respond with affection **without** expecting to get jumped every time she caresses you. **Also**, she's **then** likely to be more sexually responsive on shorter notice.

Then, when you're ready to try and get her in the mood for a full sexual encounter, you can increase the sensuality and passion with which you approach her and even inquire more directly, verbally or through touch, as to whether she's interested.

This bank emotional bank account works both ways. Men particularly want appreciation, and it nurtures their masculinity.

Having established a hefty emotional bank account with your partner, you can escalate the foreplay when you're ready for a full-scale romantic interlude. Everyone enjoys receiving love notes. Leave one in your partner's underwear drawer or briefcase to help you float gently on his or her mind in the midst of a busy day. Add a reference about how much you are looking forward to some sensuous time together, or be more specific if you sense your partner will respond favorably.

Predominately yin/feminine types respond somewhat differently to seduction than yang/masculine people. Feminine types (including many women who run a lot of masculine energy outside the bedroom), often need a little



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gentle coaxing to get out of their heads. Kiss and hug her, caress her sensuously and tell her how much you love and adore her on a regular basis (not just when you want to "go all the way"). Remember that the way to a woman's sexuality is generally through her mind and her heart. She wants to feel cherished as well as desired. Verbal expressions of your love and tender caresses gradually becoming more sexual, is much more likely to arouse her than the direct hit a masculine type might prefer. The feminine heart is warmed with romance, poetry and flowers given for no reason. A well-timed unexpected kiss on the back of the neck or shoulder will melt almost any woman and turn her attention toward you.

Men, not having as many of those little connections between the right and left sides of the brain as women do, sometimes need more of a direct jolt to get out of their head and interested in sex. Robin Williams said, "See, the problem is that God gives men a brain and a penis, and only enough blood to run one at a time." A masculine type usually responds well to visual stimuli, actual or imaginary. A client told me that once when she was in the mood for love, her boyfriend was busy all evening on business calls. So she put on some sexy lingerie and high heels and pranced right by him on her way to the bedroom. As she passed, she could hear him say, "Something just came up; I'll call you back tomorrow," and he was hot on her trail.

You don't necessarily have to be quite so overt. "Accidentally" revealing a breast or lacy bra will catch his eye when you are otherwise clothed. This is sure to arouse: bend over with your legs only slightly bent when he is behind you and looking your way (to pick something up, fix your shoe or get into a lower cupboard). Earlier in the day, you might call him and tell him, in your lowest, languid sexy voice, that you just can't get him off your mind. If he has a truly private voice mail or email box, you can leave him a message that you've been thinking about him and realized you are getting so-o-o juicy.



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Singles: If you don't treat yourself with appreciation and respect and set a sensual scene for romantic self-loving, how can you expect someone else to do it for you? Even though you're alone, rather than just having a "quickie" to release tension and get to sleep, try this once in a while: relax and express your self love by lavishing yourself first with music and a candlelit bubble bath followed by caressing your body with lotion. You'll be radiant the next day.

### **TIP #3: MAKE A DATE.**

When was the last time you treated yourself or the one you love as well as you've treated someone you hardly knew on the first date? Do you dress nicely and set the scene with flowers, music and good food or wine? Do you preface this with something fun or entertaining?

A friend of mine once spoke about the difference between "date sex" and "married sex." Her husband thinks that sex is supposed to be spontaneous, but after living together for a while, their sex life didn't seem to be working out so well. His "spontaneous" advances when she was about to fall asleep didn't give her time to get "in sync" with him, and they were starting to wonder where the magic went.

In this busy culture many couples find that after they have been together for a while, their lovemaking gradually sinks to the bottom of the list of unspoken priorities. In spite of good intentions, commitments to work, children, physical fitness or community leave little time or energy for loving intimacy. When this happens, couples tend to feel vaguely distant or not quite on the same wavelength. Sometimes one or both partners feels downright frustrated or rejected. One partner may have the interest when the other is up late with other commitments or crashes into bed too exhausted to even think about sex.

But it is possible to keep a long-term relationship juicy and energetically resonate. Yes, challenges and/or difficult times can cause two people to stretch



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and grow together, but an intimate relationship also needs the balance of passion and playfulness. It's like putting money into that emotional bank account from which to draw upon when ~~times~~ get rough.

Doesn't "date sex" usually involve a little forethought? Spontaneity in lovemaking is desirable any time, but it helps to set the stage on which spontaneity can happen. Foreplay can **begin** with making a date. Just thinking about what may lie ahead can start the love energy simmering, even if the date is just to head for bed a bit early, light a candle and put on some soft music. Taking a bath together is a wonderful way to release the tensions of a busy day and tune in to each other. Relaxation in the presence of your intimate partner really contributes to spontaneous arousal.

What if you knew your beloved would be hit by a bus tomorrow? Would making a date to make love with him or her still be low on your "to do" list?



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## ESTABLISHING THE CONNECTION

### TIP #4: LOOK DEEPLY INTO THE "WINDOWS OF THE SOUL."

Anybody can have sex. But lovers who want more than physical stimulation and release, who want to share an expanded experience that can lead to greater emotional and spiritual connection, can begin with more eye contact. For many people, prolonged eye contact at any time can feel uncomfortable and vulnerable. But allowing it rather than avoiding it can also be very bonding. It is often easier to withdraw into your own experience during lovemaking, especially at the height of arousal. There's nothing inherently wrong with that, but if a deeper connection with your lover is what you want, try going beyond your bodies.

You can do this part with any friend or loved one. If it's not already a regular part of your sharing, you might want to discuss this with the other person first. Start in a non-sexual situation, gazing into each other's "windows of the soul" with eyes soft and unfocused, relaxed faces and no additional expressions or verbalization. Start with about one minute and gradually increase the time as your comfort level grows. Initially, after each time, you can discuss what it felt like with your partner, whatever comes up, because sharing your internal experience in and of itself also enhances intimacy. Eventually, you'll find a frequently shared deep silent connection requires no follow-up discussion.

With a lover, once you are both comfortable with the first part, try holding your mutual eye gaze on and off during sexual lovemaking. As your bond deepens, you may eventually feel ready to have eye contact during orgasm. This is especially powerful, because during orgasm, we momentarily "lose ourselves;" we become ego-less, and allowing another human being a view into your soul at that moment can be an incredibly powerful intimate experience.



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### **TIP #5: BREATHE TOGETHER.**

There are many ways to feel "in sync" with someone. Most likely you've experienced spontaneously thinking the same thoughts as someone else or finishing each other's sentences. Or you may have experienced being "on the same wavelength" intellectually or emotionally. Partner dancing or sexual activity can engender feelings of being in rhythm together.

In an intimate relationship, things just seem to go more smoothly when you are in tune with each other. Interactions tend to flow more and conflict less. There are ways to entrain with, or get "in sync" with, your partner on a regular basis. These involve various body or brain rhythms. One of the easiest of these to synchronize is the breath.

For many, it is most comfortable to try this lying quietly together in the afterglow of lovemaking, or any time you feel like cuddling. Find a position where you can feel each other's breath or ribs moving. Spoon style is one. The person on the inside can feel the chest movement and possibly feel or hear the breath of the one behind. The one in the back can put a hand on the other's heart. Or you could lie in most any position, each with a hand lying on the other's heart. Relax and just allow your breathing to flow into the same rhythm. If this isn't happening, try having the faster breather follow the slower one. Then just breathe together and feel close for a few minutes.

After doing this purposefully a few times, you may find you naturally fall into a common breathing rhythm after lovemaking. Once you have shared this delight, you may want to breathe together when you are approaching lovemaking to quickly bring you into attunement. This is also a lovely way to begin or end the day with your partner to feel "in sync" for hours.



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## TIP #6: MAP THE TERRITORY.

It is easy to get into repetitive patterns of lovemaking, alone or with a partner. We tend to stick with what we know works, but that **can** lead to boredom.

The potential for expanded experience of the divine manifestation of our bodies is unlimited in any moment. Once in a while it can be fun and fruitful to explore more subtle nuances of sensual response. Subtleties of sensory response often change over time (for example, with exercise, fatigue, pregnancy, emotional shifts, and with fluctuating hormones in both men and women). So we need to keep up to date! If you pay close attention to the subtleties of sensory response you can enhance a sense of connectedness with yourself and the potential for the experience of oneness with your lover. When with a partner, even one you've known for years, it is paramount to elicit and pay close attention to feedback.

So, **here** is a fun way to go about getting a little direct feedback. Play a game where you map the territory. You can do this alone, in the spirit of "know thyself," and in preparation for when you are with a lover. When with a partner, take turns touching and stroking each other's bodies while lying nude together, but before either of you is aroused. Rate your responses on a scale of 1 to 10, from "cold" to "hot." Try stroking every part of the body, not just the usual "hot spots." Try different types of touch, feathery strokes, firm massaging, light scratching or slapping, licking, etc. Once you are aroused, you try this again, because your responses may differ. For example, you may enjoy more intense sensation at that point. Then remember what elicits high scores!



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## #7. NOTICE NON-VERBAL CUES, AND BE WILLING TO GIVE THEM.

It is deeply bonding and fulfilling when lovers are attentive and responsive to what each other wants in the moment. Verbal feedback is extremely valuable and most specific, but often talking is difficult or distracting during the height of arousal. So, now it's time to train yourself to read the myriad **other** road signs your partner **unconsciously** gives you.

What should you look for? Pay exquisite attention to indicators such as breathing patterns, sounds, muscular tension and/or arching of the back, pupils dilating, eyes fixating or rolling upward, and physical directions in order to know what works best for your particular partner at any particular time. Keep in mind that what works to get your partner steaming may be very different than what is magical once he or she is already boiling. Also, the same lover is likely to respond somewhat differently on different occasions, for example, when stressed or on vacation. And remember that women's physical and emotional sensitivity is affected by their menstrual cycles.

Be willing to **give** feedback as well. You might gently direct your partner's hand to where it would please you. Allow yourself to writhe and make noises. This helps expand your own enjoyment of the experience while giving your partner some of the non-verbal cues needed to please you more. One of the joys of sexual lovemaking is allowing powerful energies to flow through you and express themselves unabashedly. So go for it!



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## EXPANDING YOUR CAPACITY FOR PLEASURE

### TIP #8: TOUCH MORE, EVEN WHEN YOU DON'T FEEL SEXY.

Many people in long-term relationships fall into a "touch trap," especially in bed. They get into a pattern of associating expressions of affection with sex, partly because early in the relationship, such expressions frequently did lead to sex, but also because of cultural conditioning. As a result, many people are walking around starved for human touch, even if they are in an intimate relationship.

Skin-to-skin touch releases oxytocin, known as the nurturing and bonding hormone, into the system. Oxytocin increases our feelings of affection. The oxytocin released with touch is largely responsible for bonding between newborn babies and their parents and helps a breast-feeding mother's milk to come in. It is well known that orphaned babies will die for lack of touch, and hospital staff is paid to touch and hold premature babies because their survival and health rates are so positively affected. But we don't stop needing touch just because we've grown up. One hospital did an assessment of patient care and discovered that the patients under the care of one particular nurse had notably and consistently better recovery rates. When asked what she did that might contribute to better and faster healing, she said, "I touch them. Every time I see a patient, I simply touch them."

Oxytocin also increases our sexual sensitivity and responsiveness. Without regular touch women may become depressed and uninterested in touch that is sexual. However, a lack of touch has the reverse effect on men, who tend to become uninterested in touch that is not sexual.

When it comes to intimate relationships, one partner is often more inclined to be affectionate than the other. Some people are very demonstrative of their affection and admiration with hugging and kissing, caressing and even fondling at almost any time. Others are only comfortable with kissing, holding



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hands or hugging when fully clothed (which is also beneficial) or are engaged in sexual foreplay. When sex is not on the menu, these people are reluctant to be sensuous in bed, because it could trigger an expectation of sex when they are not really interested in it at the time. The pattern that often develops in bed is this:

One person (let's call him or her Lover A) will initiate caresses and hugs, maybe even kisses, wanting to share love, affection and closeness, but not being interested in sex at that time. The other person (Lover B) may perceive this as an invitation to have sexual relations. If Lover B is too tired or otherwise not in the mood for sex, he or she may pull away, missing an opportunity to share the touching and closeness that both would really enjoy (and the bonding and nurturing that the release of oxytocin will stimulate). If Lover B is in the mood for sex, the response will be sexual, which is fine if Lover A gets into the mood too. But if Lover A really just wants to caress, kiss, cuddle and go to sleep feeling close, Lover B may feel confused and rejected. Whether Lover B pulls away or presses for sex, over time when Lover A just wants to "play kissy face" in bed, he or she may be reluctant to make the move and risk rejection or undesired sex. The situation may reverse at times until eventually, both lovers are afraid to approach the other for physical expressions of affection in bed because it opens up an emotional can of worms.

The solution? Talk about it. Explore the possibilities for kissing, loving caresses and affection when it's understood that you won't be "going all the way." You might even discover that going as far as low-energy genital penetration without full arousal and orgasm can be deeply emotionally satisfying in a way that complements your lovemaking on other occasions when you have more time and energy.

Non-sexual touch is a good way for everyone to enhance their oxytocin levels and feel more connected with humanity. Take advantage of the



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opportunity to hug friends when greeting or parting, trade brief shoulder rubs at your desk with a work colleague, pay for a massage once in a while, hug your parents, your children and/or other family members every chance you get. If you don't have nearby parents or young children, you might find a way to bring substitutes into your life by volunteering at a nursing home or offering occasional childcare for friends' youngsters. The elderly are often very open to caring touch, and children love to hug, tickle, wrestle and play physical games.

### **TIP #9: REVIVE THE LOST ART OF KISSING.**

Do you remember how exciting kissing was, once upon a time, when you knew that kissing was as far as you would go? The lips and mouth are among our most sensual body parts, densely laden with nerves. Babies explore the world through their mouths, and it is said that, as a result, babies experience the whole world as erotic.

We can express many moods, from affection to passion, through our kisses while perceiving a lot about what our partner is feeling. But people often get stuck in a rut with the same old kissing technique, especially if they have been with the same partner for a long time. Remembering that variety is the spice of life, try expanding your kissing horizons. Here are some suggestions.

If you have a regular love partner, find a quiet time when you feel like sharing or being close, but not necessarily "going all the way." Set the scene for a romantic mood. Ask your partner what kind of kissing he or she likes, and then take turns showing each other, one at a time, exactly how you like to be kissed. Try exploring the many possible stages of kissing, from teasing and foreplay, to deep penetration. Explore gentle, dry soft-lipped caresses, tenderly kissing all along your lover's upper and lower lips, puckered kisses, playful nibbling, possibly with your teeth and one lip. Then you might proceed to soft licking, exploring your partner's outer lips with your tongue, moving deeper to explore his or your inner lips and tongue. There are even variations on French



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kissing, intermittently inserting your tongue in your lover's mouth, flicking and/or circling his or her tongue, alternating French with other types of kisses. Explore being the one who penetrates the other with your tongue as well as the one receiving and responding.

Sometime, for a unique perspective and new sensation, try approaching your lover's lips upside down, that is, with your chin toward his or her forehead. You can start exploring all over again, and it will feel totally different.

### **TIP #10: CONNECT THE DOTS TO EROTICIZE YOUR BODY.**

We can capitalize on our Pavlovian tendencies. Remember how dogs were conditioned to salivate by ringing a bell every time they were given food? This created a neurological associative pattern whereby they would eventually salivate without food present when only the bell was rung. This phenomenon can be used to develop more widespread pleasurable sensual and erotic responses in your body.

You can do this for yourself and/or your lover. Start with something you know is erotic or arousing for you, a visual image, caressing a particular part of your body in a certain way, being sexual with your partner, etc. Get fully turned on. Then, while you continue doing whatever is arousing, caress a part of your body that you don't routinely experience as erotic, for example, your throat, inner forearm, the side of your waist or ankle. Try different strokes, like soft caress, firm massage, light scratching, etc. Do this again several times on different occasions, and eventually you will find that this part of your body has become erotically sensitive without the other stimulation. Voila! You have expanded the sensual erotic territory of your body. You can do this with other parts of your body until you are one continuous erogenous zone!



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**TIP #11: S-S-L-L-O-O-W     D-O-O-W-W-N**

Even if you and/or your partner orgasm easily, try slowing down - way, way down. This doesn't mean every move needs to be slow, but take time to really savor the experience, like you would a seven course gourmet meal before going to a third world country. Take time to explore all the nuances of sensuality, and allow the sexual, emotional and spiritual energy to build to new heights before the release. Ideally, let it build close to your edge, then back off for awhile, then allow the energy to build again, over and over. This will especially be appreciated by a partner who needs more time to reach orgasm anyway.

You can fly from New York City to San Francisco, but if you drive without a schedule or plan, you will have the opportunity to explore territory you never knew existed. You may be surprised how many endless and beautiful back roads there are in the sexual/emotional landscape.

When making love alone to the divine within, treat yourself as you would a cherished lover. It is believed that one reason men are typically prone to reach orgasm more quickly than women, is that they learned to masturbate as quickly as possible in their adolescence to avoid getting caught. Then the old Pavlov's dog type patterning (stimulation/association/response) takes over during lovemaking. Many men and women get into the habit of self-pleasuring just to release tension and miss a grand opportunity to have a truly erotic, sensual experience. Take time with yourself to savor and extend the pleasure and develop new mind-body patterns; this is also great practice for being a better lover with someone else.



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## EXPANDING YOUR ORGASMIC REPERTOIRE

### TIP #12: EXPAND YOUR CONCEPT OF ORGASM.

In the West, formal sex education has generally been limited to reproduction and how to avoid pregnancy and STDs. So, let's talk about orgasmic possibilities. This program is too short to go into actual orgasm instruction. However, learning what ancient sacred lovemaking traditions know about sexual response plus little anatomical information may be inspiring, open you to new possibilities, or possibly lend some understanding to what you already experience. Extatica **does** offer programs with more detailed orgasm instruction through the Extatica.com web site: <http://www.extatica.com/>

In this tip I will discuss prolonged, or expanded, orgasm. In the next two tips, I will discuss types and stages of female multiple orgasm and male multiple orgasm. (Yes, men can experience multiple peak orgasms before ejaculation.)

First, both women and men can access an expanded orgasmic state. This type of orgasm is generally more powerful and intense than the typical "peak" orgasm. In a way, it is expanded in both time and space. It **is** prolonged (lasting many minutes, even an hour or more). It is experienced throughout the body, and in the emotional realm as well. Energetically, the experience may expand beyond the body, often accessing a sense of Oneness with all that is.

In tantra, this is often called a "valley" orgasm. Breathing is generally slower and deeper in the belly than the typical final push for peak orgasm. It's a relaxed state and can include ongoing and extremely pleasurable involuntary pelvic and whole-body muscular contractions and undulations. It can be accompanied by powerful surges, movement and exchange of subtle energy, tremendous emotional opening, and a sense of connection with all that is. Within this state you can also experience multiple "peak" orgasms (**before or without** ejaculation, if you are a man).



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During orgasm, the ego momentarily loosens its grip, and we have greater access to who we really are, to our essence. When we sustain an expanded orgasmic state, alone or with a partner, a sense of timeless expansiveness takes over and an experience of connection with all of creation can penetrate the usual obstacles of the false personality.

Expanded orgasmic states and peak multiple orgasms for men and women are natural phenomena that have evolved in the human DNA, but have often been obscured, especially in the West, due to cultural patterning, repression and collective and personal wounding. However, accessing expanded orgasmic states can be learned, or rather, **rediscovered**, because it is a **natural** ability merely buried beneath the ego's obstacles of fear, shame, guilt, expectations, control, beliefs, and ignorance.

Without a lot of training, there are three **simple** things that can help you begin to open to expanded orgasmic states. These are **breath, movement** and **sound**. Breathe **deeply**, preferably through your mouth. Mouth breathing enhances your vital energy and puts you more in touch with your body and emotions, than nose breathing. Breathing **high** in the chest can lead a man to ejaculate more quickly than he would like, whereas deep belly breathing can help him last longer. Let your body move in **response** to the breath. Let your breath **carry** your body into the movement. This helps your sexual energy build and flow **throughout** your body. Let your **voice express** whatever is going on, if it's appropriate. Don't force it, but if sounds want to come out, **let** them. **Ultimately**, the **secret** is to stay **relaxed** and **open** in a high state of arousal.



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### TIP #13: THERE'S MORE TO THE CLITORIS THAN MEETS THE EYE

Let's start with a little quiz: A woman's clitoris is most similar in **shape** to which of the following?

a flower bud

a four-inch wishbone

a miniature penis

Actually, these are all similar in some way to the clitoris, but question was which is most similar in **shape**. The external part of the clitoris (the part visible if you pull back its hood) is like the tip of the proverbial iceberg. The correct answer is B., a four-inch wishbone, but don't feel bad if you are part of the vast majority of even sexually sophisticated people who've never heard this well kept secret.

The clitoris is anatomically and energetically analogous to the penis in men. It is the genital focus of a woman's yang, or masculine, sexual energy. The clitoris extends from the visible tip, up the shaft, and into the body where it splits into two legs, like those of a wishbone. These legs run along either side of the vaginal canal, adjacent to the sensitive tissues of the urethra. The clitoris becomes engorged with blood when aroused, much like a man's penis, and becomes stiffer, larger, straighter and more sensitive to touch and pressure as it envelops the vagina. If the woman's clitoris is erect, penetration of any type can stimulate the clitoral legs through the vaginal walls. However, external stimulation of the clitoral tip is still necessary for many, or even most, women to experience clitoral orgasm. After orgasm via external clitoral stimulation, many women have an increased desire for vaginal penetration due to engorgement of the internal tissues, which enhances the vagina's sensitivity and receptivity.

In Taoist sexual traditions, it is viewed that woman can have many levels or stages of orgasm, and clitoral orgasm is considered a superficial or



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intermediate orgasm. Clitoral orgasm alone energetically produces an emptying effect in most women, in varying degrees, like the release of masculine energy through male ejaculation. However, the clitoral erection is generally maintained. This frequently results in a greater desire to be filled with some form of vaginal penetration. Vaginal penetration stimulates and circulates her yin, or feminine, energy and leads to the possibility of vaginal orgasms and "blended" orgasms. A blended orgasm is a combination of clitoral and vaginal orgasm.

In Chinese medicine, it is believed that women who rarely go any further than external clitoral stimulation, alone or with a partner, stimulate their masculine energy without cultivating their feminine energy. Many western women already feel they've had to emphasize their masculine traits in order to be successful in the work culture and thus feel somewhat disconnected with their fundamental feminine **sexual** energy.

Although there are many ways to cultivate one's feminine energy, consistently forgoing vaginal penetration in favor clitoral orgasm can contribute to a vicious cycle, leading to further stimulation of a woman's yang/masculine energy without nurturing and circulating her yin/feminine. When there is insufficient yin energy flowing, there's less energy to attract strong masculine energy in a mate, either in the one you are with or the one you wish to draw into your sphere.

#### **TIP # 14: FIND THAT G-SPOT.**

Most people have heard of the G Spot's reputation for being an intense pleasure spot for women. But how many people can find it, in theory or in practice? It actually lies only about two to three inches deep in the vagina.

G spot, is short for Grafenberg spot, named after Ernst Grafenberg, He didn't actually discover it, but described it in 1950 after its had been largely ignored in the scientific literature. It is also known as the peri-urethral gland o urethral sponge, and is a sexually sensitive area that surrounds the urethra.



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The G spot is located on the front wall of the vagina behind the pubic bone. The area is approximately the size of a quarter. It's easiest to find the G spot when it is erect. Clitoral stimulation, manually or with a vibrator, will cause the genitals to become engorged with blood and swollen with arousal, leading to erection of the clitoris and G-spot, much as when a man's penis becomes erect.

Once stimulated, the woman or her partner can insert two curved fingers into her vagina and reach behind the pubic bone, about two to three inches into the vagina. (The fingers should be curved, palm facing toward the woman's stomach.) Crouching or sitting on the edge of the bed or a chair can facilitate access. If erect, the G-spot bulges out slightly, has tiny ridges, and feels a bit like the roof of your mouth behind your front teeth.

So what do you do with it, once you find it?

You can stimulate the G-spot directly, with fingers, a G-spotter attachment to a vibrator, or a well-directed penis. With this, it becomes erect. When the G-spot is stroked or pressed, a woman might momentarily feel like she needs to urinate, because of pressure on the urethra. This feeling usually subsides quickly, giving way to pleasure, and can lead to orgasm. Stimulation of the clitoris and the G-spot simultaneously can lead to what is known as a "blended" orgasm, vaginal **and** clitoral, which can be especially powerful. This may also result in female ejaculation, which consists of fluid similar to a man's semen without the sperm.

Intercourse, especially, with the man on top, often fails to stimulate the G-spot, because the average penis passes it by. Don't worry, though, if the penis you're involved with (your own or your partner's) is too big. Once you know where this sweet spot is, you can use shallow strokes and/or find positions that aim right at it, for example, from behind.



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One more thing... Some women experience another, little understood type of orgasm, sometimes referred to as a **cervical** orgasm. This may occur as a result of prolonged vaginal stimulation, which can cause the deepest part of the vaginal canal, **behind** the cervix, to balloon open into a sort of cul-de-sac. Direct hits to the cervix can be painful. But it is thought that that deep penetration **past** the cervix may stimulate the sacral nerve causing this type of orgasmic sensation. In order to reach this area the woman may have to arch her lower back significantly so that a penis or dildo can bypass the cervix. Have fun exploring!

### **TIP #15: DISCOVER A MAN'S ORGASMIC POSSIBILITIES**

Orgasm and ejaculation do not necessarily go together. I once read about a man who reported making this discovery when he had to give a semen sample for a sperm count during fertility counseling with his wife. He was sent into a restroom with a cup to collect the specimen. There he found no sexy magazines to help him produce the desired result. He had trouble getting himself in the mood in this sterile environment, but proceeded as best he could. Much to his surprise, his body responded with an ejaculation, but he had no sensation of orgasm. He then began to wonder if he could ejaculate without orgasm, could the reverse be possible? Could he also have an orgasm without ejaculating? With experimentation, he discovered, to his delight, that he could.

In the West, men have actually been short-changed by the belief that they only get one orgasm per ejaculation, and that's it. This is quite surprising, since in this "more is better" society, what man wouldn't want to have three or four intense full-body orgasms before ejaculating if he had grown up believing this was possible, even the norm? Well, it may not be the norm in our western culture, but it is natural. Male masturbation patterns and pornography (promoting "getting off" quickly) and sexual experiences of youth often being



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in a hurry so as not to get caught, may have, ironically, contributed to men getting **less**, rather than more, sexual pleasure.

It is well known in ancient sacred sexual practices that men can be multi-orgasmic without burning out. In fact, they can build their vital energy by learning to orgasm without ejaculating. Of course, the benefits of extended orgasm and multiple orgasm before ejaculation for men are . . . multiple! Not only can a man who is able to enter a prolonged orgasmic state or is multi-orgasmic increase his health and vitality, he can also experience far more pleasure and be better able to pleasure his partner during extended lovemaking sessions. Even just learning to last longer and spread his sexual energy throughout his body enables a man to open to more intimacy and connection with himself, his partner and, ultimately, all that is.

"But the feeling of ejaculation is half the pleasure," you say. "Orgasm without ejaculation couldn't be as intense." To the contrary, I've spoken with many men who have trained themselves to be multi-orgasmic. They claim to have powerful, "knock-your-socks off" full-body orgasms, and then still enjoy the combined sensation of orgasm with ejaculation, if and when they want to! One man said, "If a man is not focused on ejaculating, then the woman's orgasm becomes orgasmic for him. Also, his own orgasms without ejaculation are more intense, because there's no loss. What's more important is that there's no predictable end, so it's a free flow instead of a predictable experience, which makes it **more** exciting."

One more thing: women aren't the **only** ones who can have blended orgasms. Men can too; **one** way is with stimulation of the prostate. The prostate can be stimulated internally, but also **externally**, by pressing on the perineum, which lies between the anus and the testicles. If a man or his partner presses **deeply** on the prostate or perineum at the **onset of orgasm**, it can **prevent** ejaculation and **prolong** orgasmic pleasure.



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## GOING DEEPER

### TIP #16: RECOGNIZE THE PUSH-PULL DYNAMIC.

Have you ever felt, "Why are you pulling away, just when things were getting good?"

When we become increasingly intimate with another person, particularly in a sexual relationship, all kinds of fears and vulnerabilities can arise, often at an unconscious level. This is quite natural and common, and often happens to either or both partners just when things have been the best. We all have our safety envelope and when its edges get pushed, there can be trouble in paradise.

Even if we want more intimacy, the most common fears that arise in the face of it are fears of abandonment or engulfment. A typical response to either may be to push your partner away or to pull away yourself. Sometimes with fear of abandonment, you may try to pull your partner closer, triggering his or her fear of engulfment so that he or she pulls away (exactly what you were trying to avoid). This can be dramatic, perhaps taking the form of outbursts or "arguments." Or it can take place on a subtle level leaving both people feeling vaguely unloved, more fearful and estranged to some degree.

The trick is to recognize what is happening and talk about your feelings. It always affects both people, so try looking inside to identify the fears that led you into this dynamic, and share them with your partner. This will be much more effective than pointing the finger at the other person's fears or behavior.

Don't blame yourself either; it's more helpful to accept it as part of your psychological makeup and work with it. Recognizing and exploring the push-pull dynamic can expand your safety envelope with your partner and lead you to a deeper emotional connection. It can also make choppy relationship waters easier to navigate in the future.

Whether or not you are in a relationship right now:



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You might find it enlightening to reflect on any push-pull dynamics in your past relationships. Many relationships end for appropriate reasons. However, sometimes worthwhile relationships end because one or both people bump up against fears of abandonment and/or engulfment and proceed to pull or push their way out because they can't see the big picture (and often blame the other person). Could this be you? Would recognizing this be helpful next time around?

### **TIP #17: ALLOW SEXUAL LOVE TO OPEN AND HEAL OLD WOUNDS.**

Open old wounds? "That doesn't sound like much fun," you say. But this type of emotional intimacy in a sexual relationship actually helps increase the energetic charge, which contributes to heightened orgasmic response and ecstatic sexual sharing. That IS what you want, isn't it?

The body is a storehouse of feelings and emotions. When we enter into a loving sexual relationship with someone, lovemaking can work like a key, gradually or suddenly unlocking a complex array of feelings. When one is engaged in recreational sex, without much feeling, or is in a loving relationship without sex, this doesn't seem to happen. It's the combination of sex with love that opens the body as a portal into the dark side of our psyches. It's as if the wounds realize that it's safe to come out where they can begin to dissipate and heal in the light.

Many people tell me that much to their surprise, it's when things are going really well in a relationship that the old wounds surface. They can distort perception and threaten to ruin everything if you don't stay conscious as to what is happening. A seemingly minor injustice by your partner (or even intense pleasure) may strike a chord of symbolic resonance in your psyche, which can amplify your emotional response out of proportion with the current situation. It's then easy to blame the other person, when the major source of the disruption actually resides within you, stemming from past (usually



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childhood) experiences and old adaptive patterns, which may not be very useful to you as an adult.

So, what can you do when wounds rear their ugly heads? Begin with the body. Breathe. Conscious breathing brings us back to the body. Then notice what you are experiencing. Ask yourself, "What am I experiencing RIGHT NOW?" It's helpful to do this out loud, even if you are alone. Describe your bodily sensations, name your emotions and notice any corresponding thoughts or memories that come up. Don't dwell on an involved story line. Just notice your present experience. Then ask yourself, "Am I willing to be with this 100 percent, with no agenda?" Don't try to fix it, just experience it and embrace it. That is generally what your body and psyche want, just to be heard and recognized. Let the feelings rise up. Often, once you fully experience what you are feeling, it will change of its own accord. If so, experience that. You may find that it keeps changing as the emotional logjam begins to break up. If you are with your partner when a wound comes up, it can be very helpful and bonding to share this with him or her. Ask your partner to just listen and acknowledge that you are being deeply heard, without trying to fix anything.

If you aren't in a relationship right now, you can use the time between relationships to do some healing to help move you along toward readiness for a deeper connection next time. Think about one or more of your past relationships. What ended the relationship? What drove you crazy about the other person? Did you feel hurt, rejected, inundated, angry? As feelings or memories come up, ask yourself the questions posed in the paragraph above. Consider what role your past wounds played in situations that appeared to be the other person's fault.

They call it the "Agony AND the Ecstasy" because these are two sides of the same coin. When we allow for the potential pain, previously buried because of our fear of experiencing it, we unlock blocked potential pleasure and joy as well. In fact, the degree to which we are willing to face our fear of



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pain (even if the pain doesn't actually surface) is the degree to which we can enhance our capacity for pleasure and sexual spiritual ecstasy.

### **TIP #18: LOVE YOURSELF FIRST, AND ALLOW A CONNECTION WITH SPIRIT TO FILL YOU UP.**

If we don't experience being loved within ourselves, we can't give much that is truly meaningful to our partner or to the relationship. Without self-love, although we may feel very loving, most of what we bring to the relationship is need, a void to be filled. As a result, we end up in subtle (or not so subtle) ways trying to manipulate things to get what we want from each other, which never fully satisfies. This is in part because, when our experience of love depends on another, there is always the risk of loss.

In contrast, if we experience love and acceptance from within, when we come together with an intimate partner the synergy of both sharing our love creates more love for both. So we must continue to work on loving and accepting ourselves more and more. The energy of our sexual union and emotional love can then fuel the fires for transcendent spiritual ecstasy.

Here's one way to enhance your experience of love from within: (This is **not** to be done while driving.)

Sit or lie down with your legs and arms uncrossed, and close your eyes. Breathe deeply and relax. Imagine you are standing in the middle of a circle of full-length mirrors. Each mirror reflects a different aspect of yourself. The **first** one reflects your **nude** physical body. Then, as you turn to the **other** mirrors, you see yourself in various roles in life, perhaps as a parent, a friend, a lover. One mirror reflects you at work; one reflects you being emotional, another intellectual or creative. And then there's your shadow self that unleashes itself at the least opportune times.

Face the first mirror. Look at this aspect of yourself as clearly as you can. Refrain from judgment; just look and see that it needs and is worthy of



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unconditional love, as is any child of the universe, no matter what

Now, imagine a golden white light above your head. It is the light of pure unconditional love and acceptance.

Now imagine a golden white light above your head. It is the light of pure unconditional love. This vibrating light flows down around you enveloping you in a cocoon of pure love. It then flows down into the top of your head filling up your **entire being** with love. As it flows into you, you become **so full** of this golden light that the excess love flows out of your heart and into the reflected part of yourself in the mirror before you. Continue around the circle of mirrors pouring this love and light into each aspect of yourself. Pause the CD and take your time, with each reflection, until you feel complete.

Before you open your eyes, bask in the warmth and fullness of love, and recognize that this is available to you **any** and **all** the time.

### **TIP #19: FIND YOUR EDGE, FOR THAT'S WHERE TRANSFORMATION HAPPENS.**

This is true sexually, physically, emotionally and spiritually. It's true when you are alone or with a partner.

A yoga teacher extensively trained in the East and West told our class that the ancient yogis say we have 72,000 energy channels in our bodies. There are pockets, or cul-de-sacs, where the energy gets blocked from lack of movement or from holding or resistance. Yoga allows us to free up some of these channels so the energy can flow freely, which increases our vitality. This also enhances our ability to relax, to be receptive and to feel peaceful. The reason yoga enables us to do this is that it constantly invites us to move into our edge, whether stretching a muscle, opening a joint, or holding a strength or balancing pose.

We can also harness sexual energy to help unblock some of these channels where energy is restricted due to emotional resistance, old patterns, past trauma, embarrassment, cultural or personal shame and guilt, and all the



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other emotions that can hold us back from experiencing the fullness of sensuality and sexual-spiritual ecstasy. We can enhance our sex lives by learning something from yoga about approaching edges.

We often back off when we are approaching our sexual or emotional intimacy edge, but if you proceed, there are rewards just ahead. Next time you make love, with yourself or another, try pushing your personal envelope while at the same time respecting your boundaries. Your edge lies between what you cannot do and what you can do, but hold back from. That's where transformation happens.

With sex (as with yoga), at your edge you can actually relax more, because you stop resisting. Just stay present and allow. Breathe. Be aware of all the sensations and emotions, even if they are uncomfortable at first. Allow it all. Breathe in to it. Soften into it. Melt into it. You might want to share it, if you're with a lover.

Your emotional edge may take the form of simply allowing yourself to **have** emotions, even the ones you don't think are appropriate at the time (like sadness, ambivalence or panic as well as love, tenderness or elation), and expressing what you are feeling in words, sounds or gestures. Of course, there are ways to express negative feelings without directing them at your lover and sending your him or her packing. Your sexual edge may show up as allowing increasing intensity of sensation, trying something new, or having the courage to ask for what you want.

As with yoga, after expanding sexually and emotionally, the energy can flow more freely. This increases our overall vitality, and yet we feel relaxed, receptive and peaceful. If you embrace your edge, fully open yourself to it and experience it, it changes; it transforms. You then discover what is on the other side of the resistance; often it's a whole new wonderful world!



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## PUTTING IT ALL TOGETHER

### TIP #20: PLAY IT BY HEART.

Stop doing and try allowing.

Using recently acquired techniques, especially sexual techniques, can be tricky. The point about learning new sexual techniques or relationship skills is not to concentrate on doing them. Of course, you can learn and practice them to a point, as I discussed earlier in this program. At first you concentrate on doing, upon building your repertoire of knowledge and techniques, upon adding tools to your toolbox.

But once you get the idea, it's time to "un-do." Just allow. Trust that your new knowledge will integrate into your larger experience with your partner perfectly, and allow the specific techniques to happen or not. Allow the magic to happen.

This also applies to the idea of simultaneous orgasm. In a recent discussion about this with a friend, he said, "If sex is experienced like music, it's not goal-oriented. Then **everything** that happens is **potentially orgasmic**. It is enjoyed for the ebb and flow and all the nuances. The *last* note isn't the most important, because *then* it's over!"

I also like the following quote from an unknown author: "Love is like playing the piano. **First** you must learn to play by the rules, **then** you must **forget** the rules and play from your heart."

### TIP #21: SURRENDER.

Surrender? Surrender sounds pretty scary to most of us who prefer to remain in control (or what we imagine is in control). Actually, this does not mean surrender to your partner, as in submission. Rather, it means surrender to the moment, to the experience, to "what is, as is," without trying to get anywhere or make anything happen.



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So much of sexual activity, alone or with a partner, becomes subtly goal oriented, and/or we fall in to a routine. Thinking about what might happen **next** takes us out of the present moment. The next moment isn't here yet, so you miss what's actually happening now. And **now** is the only time **any** experience can be enjoyed.

The more you can allow yourself to be totally absorbed in whatever is happening during lovemaking, moment to moment, the more you will enjoy it, and the more it is likely to unfold into something unexpected and delicious. Really savor moist lips, a sigh, breath on your skin, a caress, even if it isn't exactly the way you would have preferred. Experience each as if it is the last human contact you will **ever** know.

Believe it or not, **this** is where totally spontaneous, wild, rapturous ecstatic lovemaking **really** takes place. It's here that we access who we really are, a divine expression of joy, love and pleasure dancing in the cosmos.

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