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On the VoiceAmerica 7th Wave Network

Episode #25

Show Title: 4 Keys to Sexual Ecstasy

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Guest(s): Ellen Eatough, MA, "The Soulful Sex Coach" and show host

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

Show Description:

Whether you're having great sex, ordinary sex or boring sex (or even no sex), it can be better. Everyone has the ability to experience ecstatic lovemaking.

Ecstatic sex includes not only sensual and orgasmic bliss, but the soulful connection you undoubtedly long for. On this show, I'll reveal what the "4 Keys to Sexual Ecstasy" are and how you can begin to incorporate them into your life.

You'll also find out:

- The difference between orgasm and ecstasy, and how you can have both
- Why sex can actually get better with age, even when hormones are waning
- How to have soulful connection with spine-tingling sex
- Three ways to enjoy deeper intimacy during lovemaking without having to say a word
- The daily 60-second non-sexual practice that increases passion in the bedroom later and helps affair-proof your relationship

Guest Bio:

Ellen Eatough, MA, "The Soulful Sex Coach," is the founder of Extatica.com and the host of this VoiceAmerica radio show. She is a certified hypnotherapist with a master's degree in East-West Psychology, which is a marriage of western psychology and eastern spiritual traditions. Over the last 20 years she has helped many thousands of people enjoy deeper intimacy with ecstatic lovemaking and clear out the cultural inhibitions and sexual wounding that get in the way of that. Ellen has developed innovative technologies and methods to help people connect deeply with their spiritual source through sexuality and intimate relationships. Since 1991, she has been using vibrational frequencies, including sound, colored light and subtle energy, to help clients release and heal from sexual and relationship trauma.

She is the producer of the lovemaking enhancement system, "4 Keys to Sexual Ecstasy" and "Love Unbound," Music for Better Sex infused with Auditory Pheromones(TM).

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Welcome to Extatica: The Way to an Erotic, Ecstatic Love Life. Your host is Ellen Eatough, the Soulful Sex Coach. Our program will take you beyond the sex you have been experiencing and open up a whole new world of intimacy. You've got a lot to learn today, so let's get started. Here is Ellen Eatough.

Ellen Eatough: Welcome! Today, I'm going to share some of my secrets with you and the show is called "4 Keys to Sexual Ecstasy."

So whether you're having great sex, ordinary sex or boring sex or even no sex at all, it can be better. Everyone has the ability to experience ecstatic lovemaking. Now, ecstatic sex includes not only sensual and orgasmic bliss but, if you're listening to this, it's the soulful connection you've undoubtedly longed for.

On this show, I'm going to reveal what the 4 Keys to Sexual Ecstasy are and how you can begin to incorporate them into your life. You'll also find out: the difference between orgasm and ecstasy, and how you can have both; why sex can actually get better with age, even when hormones are waning; how to have soulful connection with spine-tingling sex; and three ways to enjoy deeper intimacy during lovemaking without having to say a word; and also the daily 60-second non-sexual practice that increases passion in the bedroom later and helps affair-proof your relationship.

So if you have questions while we're on the live show here, you can call 1-866-472-5795. I'd love to hear from you. Or you can email me at radioshow@extatica.com and I'll check during the breaks to see if anybody has submitted a question by email. And just so you know, this email is only during the show. I actually don't check it otherwise. So just know that.

So I'll start with a little bit of my own background for those of you who aren't aware of my story.

I've always been interested in personal growth and spirituality. Spirituality is distinct from religion. I've been in various holistic health training and practices and fields. But in 1991, as a hypnotherapist, I started using colored light projected into the eyes with an instrument called the Lumatron Light Stimulator and this is strobic light like little 2-inch lens, came from the optometric community.

I was primarily dealing with sexual and relationship trauma. When I say sexual and relationship trauma, sexual trauma might mean rape, molestation, incest or other things that affect our love lives but just aren't necessarily so overt or obviously traumatic but in other more subtle ways can have a deep, continuous, insidious effects on our ability to enjoy love and sex or it can relationship trauma.

A gentleman that came to me named Phil and his trauma was that he had been with his girlfriend and planning to get married when she broke it off and took off with his best friend. So that was pretty traumatic for him. Long story short with him about a year, a year and a half later, I received a wedding announcement. He was marrying

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a different woman, very much in love; and over the last 20 some years I went into him and her now and then because they live in the same general vicinity, and they still happily married over 20 years later.

This was work that really is very rapid. It only takes like four to six, eight sessions at most for most people to get long-lasting dramatic results like that.

But I've been longing for more of a spiritual connection in my own relationship, my own marriage of 20 years even though the sex that we had was actually the best I had known at that point in my life. So I wasn't complaining sexually. It was that spiritual connection that I just didn't know how to access and for various reasons not just that, but for various reasons we eventually divorced.

In the late '90s, I met a man who I had a brief relationship with and when we finally ended up making love -- well, here's the thing. He told me that he had written a book with two other people on how to connect sexuality and spirituality so I was definitely interested. We never really talked about the how-tos but when it got down to the experience of it, oh, my God, he definitely knew how to take me to a realm I had never experienced before.

And as he put it later he said it was like -- see, we weren't really totally in love yet but there was definitely love and feelings. But as he said, we accessed a state of unconditional love and he was absolutely right. It was like a place beyond the everyday personality where that love that is the divine love, the love of all that is just was -- we just like tuned into it together and it was really ecstatic. It was wonderful.

However, for a variety of reasons after we'd only had this experience twice together he disappeared and I didn't really know why until he contacted me 12 years later. That was kind of devastating more than anything because I didn't know how to recreate that experience. I was kind of left in the lurch.

But about a year and a half after that, I met and fell in love with someone with whom we were literally catapulted into this realm of sexual spiritual ecstasy. At this point, I was in the middle of a master's program in East-West Psychology at the California Institute of Integral Studies which is really a marriage between the western psychology and eastern spirituality. So right in the middle of this time again, late 1990s, I was in this experience that was beyond anything I knew possible.

By the way, I now know that it can only get better after all these years and with all those years of aging. But my partner and I would kind of look at each other going, "Oh, my God! Are we the only ones who have experienced this? How come nobody told us this realm existed?" Fortunately, for me in the last quarter of my master's degree program of actual class work, a woman came and spoke at one of the classes I was in. Her name was Dr. Jenny Wade and she was a professor at the Institute for Integral -- now, what's it called? It's changed names. It's not called Sophia University. It was the Institute of Transpersonal Psychology at the time.

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Anyway, she was doing some research on people who have what she considered like altered state experiences during lovemaking, and she started giving us these case studies. I went, "Oh, my gosh! Other people have experienced these things too." In her case, she was describing people who had experiences of an altered sense of time, place or agency; meaning you might have thought you were in other times in history or past lives or out in space or that would be a time or place could be out in space or a sense of agency would be like a sense of who you are, like being plants or animal or another person.

I was having some of these experiences and my partner was also. It was very much an altered state, and these were all without any kind of psychotropic drugs or even more than just a glass or wine or so. So she asked if anybody who was experiencing anything in this realm, if they would talk with her. I ended up becoming a research subject in her study. In the meantime, I was really investigating what it is that leads to these experiences.

I ended up doing several years of research, kind of using my academic perspective but also experiential. I was not only finding every book I could find on the topic and the research papers, but I was taking classes and doing workshops and so forth and also started to teach some workshops. The information included ancient sexual practices like Tantra and Taoist sexuality and western psychology like relationship psychology and modern sex research, a lot of which hadn't really gotten much publicity or much attention by the public.

This ultimately led to these "4 Keys to Sexual Ecstasy," which I'm going to describe to you today.

In the meantime, Jenny Wade's book was being published under a subsidiary of Simon & Schuster. It was called *Transcendent Sex: When Lovemaking Opens the Veil*. It's a wonderful book. It's still available on Amazon so I definitely recommend that. It's a wonderful read, lots of fascinating stories.

By the way, the person she called Ellen in that book is not me. She changed everybody's names, but she gave somebody else the name Ellen, so everybody is anonymous including me. But at any rate, she knew the work I was doing in this field and so she called me just before her book was being published because she was being asked, her publicist, to do workshops. She said, "I don't do sex workshops. I'm a consciousness researcher."

So we ended up both being invited to speak at the International Conference on Sacred Sexuality. She did the research description, her academic background and the study that she did, and I was being asked to conduct a half-day workshop on how to open yourself to these realms. I called it Open Yourself to Transcendent Sex but now it's 4 Keys to Sexual Ecstasy.

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So basically, what happened, this was in Santa Fe, New Mexico and I had 170 people in this workshop. Some knew each other, some didn't, some were couples, many were singles. I took them through these 4 keys, and I also took them through some experiential non-sexual exercises that related to these 4 keys.

The next morning -- so this was afternoon -- the next morning as I was getting ready to go to the ballroom for the next keynote speech by someone else, all these people were kind of beating a path to my door and thanking me for the best sex they'd ever had. One woman even said, "On a scale of 10, our love life went from a 6 to a 25 overnight." And I went, "Oh, my God! I think I'm on to something here. This was so exciting to hear the impact.

So I'm going to tell you those 4 keys in a while here. But first I'd like to kind of mention some of the other things I promised at the beginning of the program so that it will kind of prepare you for that.

The first is the difference between orgasm and ecstasy and how you can have both.

So orgasm is really a physiological event as well as an energetic event. It's the contractions of the pelvic floor muscles. The muscles in the feet may spasm. Your blood pressure, heart rate and breathing rates will often peak and there's a release and sexual tension and so forth.

Ecstasy, in my description, is a sense of deep intimacy and a sense of spiritual union, often a sense union with all that is while at the same time experiencing exquisite pleasure, exquisite full-body pleasure and sexual that may include orgasm. Or maybe ecstatic before you ever get to orgasm or you may enter what I consider an orgasmic state like riding the waves of an ocean where it's just peaks and valleys and peaks and valleys and peaks and valleys, and then you may or may not have a peak with the final release or ejaculation for a man if you desire to.

So for me that's really sexual ecstasy and that can go on just indefinitely. Masters and Johnson, many of you have seen the Showtime special series that was on called Masters of Sex about Masters and Johnson and their research on human sexual response. Well, it was groundbreaking at the time, but we now know it was really limited and potentially very limiting to people researching what their expectations of great sex should be because everything is available online so we tend to try to look for those things.

They took a performance-based approach and they determined a cycle called the sexual response cycle. You may have heard of it as the phases of excitement. Next was plateau, which kind of extends to the brink of orgasm; then there's orgasm which is the very shortest stage, often just a few seconds; and then the resolution. But this model, which is not just a model; it's the experience of most people having sex.

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So I'm not going to belittle it, but it is limiting because it doesn't include that potential for that orgasmic state or those waves of energy, and it doesn't include the potential for male multiple orgasm. They do mention that a woman could come back after resolution and have another orgasm and a woman can have multiples, but there's never that potential for men to experience orgasms before ejaculation. But we know now that that's totally true and possible and exciting for men. We're not going to get into that in detail in this piece here today but we can at some point.

So as people discover the potential for sex beyond the physical but can also include the physical, they just discover three times the pleasure. Whenever we can integrate more aspects of ourselves into our experience, it's more fulfilling, it's healthier and has a potential for being truly ecstatic.

So next I'd like to discuss why sex can actually get better with age even when hormones are waning.

Spiritual connection often leads to long-term sexual satisfaction because as we age our sex drive becomes less and less hormone-driven and more and more emotionally and spiritually driven. So if you have established that connection with your partner or know how to establish that connection with a new partner, which is totally possible, you are much more likely to have better sex as you age, not only better but it can be so fantastic. The doors can open you never knew excited when you were younger.

So this relates to a couple of myths, two common myths actually, about sex that I'd like to bust right now. One is just men just wants sex and women want intimacy, and the second is that sex is at your peak in your 20s and 30s. Some research here is that actually men especially as they mature want deeper intimacy and women want better sex but few know how to get there. Although women do tend to want intimacy in general especially if they are in a relationship, a lot of research in recent years has shown that women are just as motivated to have hot physical sex as men especially if they've had a taste of really good sex. Then, oh, my God, they just want more of it, right? And if you add intimacy to it, they're just like totally happy campers.

But men want that too. In fact, another research study in 2006 in Norway -- well, actually it was researches in the US and Norway asked almost 1,200 men between the ages of 20 and 79 to rate their sexual satisfaction on a scale of zero to 4 and here's what they found. They found that men's sexual functioning as we can expect does tend to go -- they're functioning now, remember that -- their sexual functioning tends to go down with age but men in their 50s are more satisfied with their sex lives than younger men.

So if you learn the art of ecstatic lovemaking, it can come from a deeper place and be so fulfilling that you can't wait to dive into that orgasmic ocean of divine pleasure and oneness again. And these waves, which we're going discuss soon, can kick in with just a kiss or a full-body hug or even a fleeting memory of your experience together.

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So it's now time for a short break. I just want to mention before we go that the replays of this show and all the Extatica radio shows are available streaming online or as MP3 downloads at extatica.com/show. And transcripts of the show are also available at extatica.com/show.

So stay tuned because we'll be right back for more on 4 Keys to Sexual Ecstasy.

[Commercial Break]

This is Extatica: The Way to an Erotic, Ecstatic Love Life. Do you have questions or comments for Ellen Eatough or her guests? Call in live at 1-866-472-5795 or send an email to radioshow@extatica.com. Now back to the program.

EE: Welcome back. This is Ellen Eatough, host of this Extatica show and founder of extatica.com, discussing 4 Keys to Sexual Ecstasy.

Before we go on with this, I want to tell you that I have a gift for my listeners. It's my hour long audio and e-book called Beyond Orgasm: How to Have a More Deeply Connected Sexual Experience. You can get it at -- guess where -- extatica.com on the homepage.

I'd like to mention one more thing. As many of my listeners know, I work with various energetic technologies. One of these, which I produced, is special music for lovemaking infused with Auditory Pheromones, and this comprises 74 layers of resonant frequencies. The music is called Love Unbound.

So if your sexual challenges include low libido, cultural inhibitions, feeling a bit out of sync with your partner or difficulty with female orgasm, that sort of thing, you'll be interested to know that we just get repeated ongoing feedback from customers who play this music in the background while making love and have the following kinds of responses: enhanced libido for both men and women, especially middle-aged men and women; enhanced libido and arousal rates; deeper intimacy; full-body orgasms and easier orgasms, often multiple orgasms for women for the first time; release of cultural or religious inhibitions, which lead to greater spontaneity; easier communication about sexual needs and desires; and a sense of spiritual union. You can learn more about that by going to getabettersexlife.com.

Next I'd like to discuss the 60-second non-sexual practice that increases passion in the bedroom layer and helps affair-proof your marriage.

It's really simple. One thing that's good to start with and just as an aside, it's not part of the practice itself, but really it's great to take 10, 15, 20-minute period sometimes some evening when you're relaxed and just show each other how you like to be kissed. We start to take that for granted and often we kiss the way our partner kisses but it may not be our favorite way.

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So just one person, say, person A just says, "Okay, here's how I like to be kissed," and spend a couple of moments kissing your partner and then let them kiss you back in that same way. Partner B returns kind of trying to mimic the same kind of kissing, and then you can get feedback until you get it right. And then partner B shows partner A how they like to be kissed. And then partner A tries to kiss back the same way and have back and forth lessons so to speak.

So ideally with that as sort of a foundation, the 60-second practice that you can put into your schedule every morning, don't tell me you don't have 60 seconds to share with your partner, as long in the same premises, and that is first hug each other for 20 seconds. One thing this does and actually research has shown that 20 seconds of full-body hug -- this can be close, this can be standing up, lying down, however you want -- a full-body 20-second hug helps increase a woman's sense of trust. I'll tell you in a moment why trust is so important for a great sex life, but trust is stimulated by that 20 seconds.

It also stimulates oxytocin which is the bonding hormone and that may interface with the trust factor. But this oxytocin that's stimulated by that hug also leads men to be more immune to interest expressed by beautiful women that come into their environment. They're more immune to approaching beautiful women. They just have more of a sense of bonding with their partner that they've been sharing this 20-second hug with. And then follow that 20-second hug by a 10-second kiss. Ten seconds is much longer than you're probably used to kissing when you're not in a sexual situation. But this is where that training you've done with each other comes in handy -- 20-second hug followed by a 10-second kiss.

And then either before or after in the remaining 30 seconds, take turns 15 seconds each expressing something that you appreciate about your partner. Ideally, make it something that has an erotic or sensual or physical component like, "You know, I just love that curve of your hip. When you're lying on your side in the bed I love that curve. I love the way your skin feels right after you've taken a shower," or "I really appreciate the strength with which you hug me," or "I love how it feels when you're on top of me in bed," or "I love the way we cuddle," or "I love that twinkle in your eye or that smile you give me across the room when we're at a party."

It could be anything that just -- we forget that when we're with somebody the longer we're with them, the more we assume about their feelings or lack thereof or we think they don't need to hear these things but we do, and they definitely stimulate our passion.

So there you have the 60-second rule, okay? Twenty seconds of hug; 10 seconds kiss, passionate kiss; and 30 seconds of sharing. Even if you can't do the sharing if you're in such a hurry you've only got 30 seconds, do the hug and the kiss, okay, but not the quickie that most people kind of get away with.

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The other possibility is to do this when you first greet each other after the day if that's how your schedule works out and when you come together at the end of the day. Even before you speak, have that 20-second hug and the 10-second kiss.

The next question is how do you have soulful connection with spine-tingling sex?

Well, this leads to the *4 Keys to Sexual Ecstasy*, and these are the same 4 keys I came up with in the late '90s. Let's see, when was it we first -- no, it was the early -- no, excuse me, I didn't come up with that same -- but it was for the Sacred Sexuality Conference I mentioned, and that was probably eight years ago at least, and they still hold true today.

The first is trust.

Trust is really a big topic, and we can't go that far into it now because a lot of us really have learned not to trust. Trust I think is a basic sort of childlike quality and very natural, and yet more often than not our trusting nature has been kind of chipped away at or we had to contract against all the times when our trust wasn't respected, when we were taken advantage of, when we were vulnerable, when we got embarrassed or hurt or worse.

So the trust is so important. If you feel like you can't fully let go and trust being yourself with your partner in bed, trust like whatever weird faces or grimaces you might make or whatever weird noises might come out or your response or how you might undulate or whatever it is, if you can't trust your partner to not freak out if you do something that seems unusual but is just natural and spontaneous, then think about how trustworthy you are and how much you can accept odd noises.

You see, we all have this idea from the media and porn or whatever at how people behave when they're making love and it goes way beyond that. You see, when you're being fully spontaneous and these sexual ways are just coursing through your body and you're just entering this state of union with all that is, your body may undulate or jerk in weird ways. You may let out sounds that are just like unexpected to you as it might be to your partner and you might make strange faces.

You just really have to ask yourself how much of that in you can be experienced by your partner, and how much of them you can allow yourself to experience without judgment or contraction and so forth. So it may be baby steps that you'll need to take, and I definitely encourage discussion about this. But just be aware that trust is so very important. It's really I think the underlying foundation for sexual freedom and spontaneity and ecstasy.

Now, the second key to sexual ecstasy is entrainment.

Now, this is not as familiar a topic, but entrainment is when the rhythms of one thing affect the rhythms of another. This goes for just about anything on the planet. It's

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like when fireflies come together in a storm, they tend to start blinking on and off together at the same time after they've had a bit of time together.

When women live in community, in college dorms or other kinds of communities, many will observe that their menstrual cycles after a period of months will start to synchronize. And our own bodies tend to synchronize in our own biology. But let me give you a more amazing example before I get to that.

There was a researcher in Europe. I believe it was Sweden or Switzerland, I forget which exactly. He had a number of pendulum clocks on a wall like dozens of pendulum clocks, and you can't possibly set all the pendulums to tick tock at exactly the same microsecond. But after leaving all of these dozens and dozens of clocks alone for two or three days, he came back and they were all tick tocking in perfect rhythm. So they went from a cacophony of discordant tick tockings all over the place to this perfect tick tock, tick tock. These are inanimate objects but they had a rhythm. They were set to have a rhythm and they all came to a joint rhythm.

So in your own body, when we start to slow our breathing down, our heart rate will start to slow down, as you know. Often, when you do that especially if you close your eyes and you breathe deeply and your heart rate slows down, your brainwaves will start to slow down which is one of the entries into a deeper state of meditation. So our bodies are going to entrain within themselves. It's a natural proclivity to be in sync with our own physiology.

When two people breathe together, it starts to entrain them biologically. Their bodies will then start to move toward the same rhythms. Eye contact is a very powerful entrainment mechanism and the ancients knew this. The ancient people who practiced Tantra, developed Tantra and Taoist sexuality knew that when you have eye contact you have deeper intimacy. But now it's been scientifically proven that as you look into one another's eyes -- and by the way, this is not staring; this is sort of a soft unfocused gaze -- but as you gaze into another person's eyes, your eyes being like the frontal lobes of the brain literally your brainwaves gradually start to entrain with one another.

They've hooked people up to EEGs to measure their brainwaves and found that when two people feel like they're having a really in-depth or they feel really connected in conversation, they feel totally in sync like totally on the same wavelength, that actually physiologically they are on the same wavelength because more and more of their brainwaves are cycling at the same rhythm.

So you can actually initiate this entrainment with your partner by breathing together, by increasing eye contact. And eye contact is so valuable and maybe kind of scary at first, but you can have a little eye contact when you're not in a sexual situation with your partner; maybe just 30 seconds and just being quite for that moment. And then gradually, when you're making love, have a little eye contact and increase it more and more and then the ultimate is to maintain eye contact during orgasm.

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Now that's really a challenge I just offered up to you as a possibility because we tend to go internal during orgasm. And if you can find the way to have your eyes open if you're already entrained with your partner through your breathing and eye contact and the rhythms of your lovemaking, it can be an extraordinarily powerful experience to just try out. But even the basic eye contact is something that you have to remember at first and create a little bit of a practice of it, and of course you want to discuss this with your partner or else they're not going to open their eyes.

But I remember one couple came to one of my workshops and this was like, oh, gosh, maybe 12, 15 years ago. When we got to the topic of eye contact, this is a couple that had been to a Tantra class the prior year with somebody else. They said, "Oh, yeah, we learned about eye contact in the Tantra class last year, but we forgot to do it." So do discuss this with your partner and try just sitting with them quietly with little eye contact, again a soft gaze for brief periods of time, no words and you can discuss how you felt and that peace and connection that you start to experience together.

Now, the next key, the third key to sexual ecstasy is absorption.

Absorption is the ability -- some might say it's the ability to be in the present. It's really to be able to be aware of and literally absorbed into, soaked up with all of your senses -- visual, your sense of smell and taste -- being really aware of your partner's scent and taste and the sounds of your lovemaking and your breathing and just being aware of the whole thing and the touch. It's so important to really soak in the feeling of your partner touching you as well as touching our partner.

This has been researched. Actually, there are studies that have been done on people's ability to absorb into their experience correlating with their sexual satisfaction and having even "super-sex." So this is something that is a little bit of an aptitude but it can also be learned. So again, just practicing focusing on each and all of your senses any time of day right now while you're listening to this -- your butt in the seat or your feet on the ground, whatever you're doing, the temperature in the room, the feeling of your clothes on your body or lack thereof and the air on your skin. These are all things just to start to tune into as a practice that you can bring into your lovemaking to increase your sense of absorption.

So we're going to take our last short break and when we come back, we'll get to that fourth key of sexual ecstasy, which is the big one. Okay, here we go. We'll be right back.

[Commercial Break]

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EE: Welcome back. This is Ellen Eatough, the host of this Extatica show and founder of extatica.com, and we're discussing 4 Keys to Sexual Ecstasy.

So the first three keys were: trust, entrainment, absorption, and the fourth key to sexual ecstasy is building and circulating sexual energy.

So this is actually a rather large topic but I'm going to give you a few examples.

First of all, let's start with how sexual energy flows for masculine and feminine types.

Now, about 90% of men and about 90% of women will have their energy flow like masculine energy flows in men and feminine in women. But about 10% of the population will be reverse, so just keep that in mind and you can experiment with your partner. You may kind of intuitively know this about yourself or your partner whether you have more masculine or feminine sexual energy.

But men's sexual energy is like fire. It begins typically in the pelvis and it moves up to the heart. And when it does move up to the heart, this is where a man can feel his love for his partner. What often happens especially during phases of what I call adventure sex or sports sex, men will -- and often women too -- will tend to keep our sexual energy in our pelvis because we're not looking to create an emotional connection.

There's nothing wrong with that and as long as you're practicing safe sex, there's nothing wrong with that, as long as you're being sensitive to the needs of your partner, if your partner is looking for an emotional connection and you're not. Hopefully, you're clear about that at the outset.

I remember when one of my sons was about 16 and kind of entering this realm, I always just pointed out and this reminded me about this because I had forgotten, but he said it was really valuable to know that, oh, the person I want to have sex with may not be feeling what I am. And this can be in reverse. This is not necessarily the stereotypical women want connection and men want just sex. It can be the reverse. Either partner may be hoping for or imagining a deeper emotional connection when the other just wants physical sex.

So regardless of where you stand yourself, it's really valuable to know or discuss at least briefly with the other partner. If you're just looking to have a good time and don't care if you ever see each other again, then you're on the same page. But if you want an emotional connection, another person just wants a good time, you could end up with heartbreak because whether or not you're sharing bodily fluids, orgasm definitely opens you up to an energetic connection with somebody and it can increase your sense of intimacy and potential for love.

So protect your own heart or if you just want a good time and just want sexual fulfillment, be kind and protect the other person's heart. If they're really open

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emotionally and want that deeper connection, be respectful and let them know that you're not interested in that so that they can take care of themselves and maybe you'll miss out on one opportunity but at least you'll be authentic and respectful.

So a lot of times our sexual energy will remain on our pelvis. But when a man's sexual energy is moving up and it moves up to his heart, then he can feel more love for his partner. And this is often why men want to have sex with their partners because that's how they connect into that sexuality. Ironically, women often feel like if they're not really on the same page, it can feel like they're a piece of meat and they're not ready to have that connection and here's why: because women's sexual energy is the opposite.

Whereas men's sexual energy is like fire, it moves up, women's is more like water or the feminine sexual energy is more like water and it flows down and it flows down from the head to the heart. And if that energy is full in her heart, then a woman's legs are more likely to open. This is not the woman who's looking for just physical, sexual satisfaction although in a relationship that's been ongoing you may have peaks and valleys with that just like, okay, let's just get it on and have that physical release. But if you're trying to connect with a woman and open up her sexuality, a woman who has the feminine sexual essence basically, you need to start with her head and I don't mean just physical head. I mean like in her head like with words of affection and appreciation.

That's where that 60-second practice comes in in the morning that I talked about earlier but just allowing that energy to start to flow down and other things like a kiss on the back of the neck. I'll tell you, when a woman is working on the computer, now she may be pissed then because she's maybe distracted from what she's doing. But if she's doing something like bathing a child or cleaning up the kitchen or some kind of -- it depends, you have to be sensitive, but that kiss on the side of the back of the neck will send chills down almost any woman's spine. Just ask her. I've never met a woman yet who didn't love that but then touch.

Most women, unless they're into sports sex, will respond unconsciously with a contraction and response to a direct hit to the breast or genitals. Now, it may be fun to just go tweak a woman's nipples especially if you feel like you've got 24/7 access which is great for loving partners, but don't expect that to have her ready to jump into bed and have sex.

Again, start with the extremities. Start with the head, the creases on the face, looking into her face, holding your partner's face in your hands with eye contact and then kissing her delicately can melt a woman or caress from the hands up the arms toward the torso or start with her feet, a foot massage. Oh, my gosh. There are parts of the foot that connect with our sexual centers. So a foot massage gradually moving up the legs, everything moving from the extremities toward the center are great to get a woman's sexual energy cooking.

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By the way, women can help a man's, or if it's a gay couple, anybody can help a man's sexual energy spread with potential full-body orgasms by moving the energy away from his pelvis. For example, once he's already turned on either with physical touch or like a gentle sweeping of the energy on the surface of his body like a half inch from his skin, sweeping it away from his genitals like up his belly or around his buttocks up his back, up to his head and down his shoulders and arms or depending on what position you're in, maybe you can spread that energy down his legs.

This helps a man experience full-body orgasms when the time comes. Or if your partner is getting older and a little difficulty with an erection, and then we'll start to respond with more of that feminine energy and it's helpful to sweep the energy toward his genitals to help him get and maintain that erection.

Another way to circulate energy is to sort of dance at the edge.

It's like get aroused until one or both of you is kind of like getting not past the point of no return but just dancing up toward that edge and then backing off a little, and then dancing toward that edge again and then backing off a little. And each time that sexual energy can build and get more and more exciting so that you actually reach a higher level when you finally do explode into orgasm. Think of it sort of like blowing up a new balloon. It may be a little hard to blow and get it very big the first time but if you go partway and let the air out, the next time it's easier to stretch and get more air into it so we can get bigger.

Another thing is to keep you aware of your thrusting patterns.

Most of us get into habits but try experimenting with long deep strokes and then short shallow strokes just like on the edge or the tip of the penis is kind of massaging the outside edges or just inside the edges of the vagina, the opening of the vagina or deep shallow thrust and deep short thrust so that you're going all the way in but coming out just a little ways or different angle so that the penetration is touching different parts of the penis and the vagina. So all of these things help build and circulate sexual energy.

There's many more ways to build and circulate sexual energy, but I'm not going to be able to get to all of them in this broadcast. So what I'd like to do is tell you about what I eventually did after that workshop, the very first one. I gave that workshop many times all over the country at various retreat centers on the *4 Keys to Sexual Ecstasy* and got the same kinds of response from couples all over the place.

I eventually put this into a product that you can use in the privacy of your own home, and it's called *4 Keys to Sexual Ecstasy: Experience Soulful Connection with Spine-Tingling Sex*.

Really this is a composite of five CDs plus a book. There's a transcript for the first two CDs, the first two being the living room seminar where I'd give you all of this information and lots of detail on building and circulating sexual energy and also four

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obstacles to deeper intimacy and spiritual connection with great sex, these obstacles that we often run into on that journey and how to overcome them.

So those first two CDs are "The Living Room Seminar." The third CD is "The Bedroom Seminar." And this is where you take what you've learned intellectually in "The Living Room Seminar" and incorporate it to your physical and emotional experience with your partner, because that's what really makes the difference. This CD is incorporated with special music for lovemaking that I developed. Actually, it was stimulated when I first used somebody else's special brainwave entrainment music in that first workshop and everybody just got so jazzed on it, but it was only a three-minute segment and it was somebody else's music. It was actually classical music.

But in the meantime, I developed this music for lovemaking infused with not only brainwave entrainment but Auditory Pheromones™, which consist altogether of 74 layers of resonant frequencies, which help break up the patterns that keep us from being fully expressed. It helps release cultural and religious inhibitions for more spontaneity. It helps integrate our sexuality with our spirituality and get our sensuality and our energy flowing. This music, we've discovered, helps unexpectedly increase libido and arousal rates and eases communication, verbal communication with your partner about sex and intimacy. It's just been so amazing.

So we incorporated it into the experience of "The Bedroom Seminar," which I was just describing, and then we put it into two more CDs, CD 4 which is the music for lovemaking with Auditory Pheromones™. And CD 5 is the same music that keeps you more alert, so that you can listen to it anytime for the same benefits. So if you'd like to learn more about that, just go to www.extatica.com and check out the products. It's the same music, by the way, as the "Love Unbound" music that you get when you go to musicforbettersex.com, but it has the full program.

I hope this has been helpful. I hope you've learned a number of tips that you can put into practice immediately. Again, you can learn all about this at www.extatica.com. Thank you so much for listening to Extatica.

This is Ellen Eatough in support of you having an erotic, ecstatic love life.

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