

## Getting Closer Through Sex

Have you ever had sex with your man and instead of feeling CLOSER to him, you felt a million miles away? You connected physically... but emotionally, you have no idea what he was thinking and he really didn't know what was going on in your head. Perhaps he climaxed and you didn't, but you led him to believe you did. Or you just had a bit of a wham, bam, thank you ma'am and instead of having a sweet moment after, he pecks you on the cheek and turns on the TV. You are left feeling a little unloved or rejected. Or perhaps you are trying to rock his world but it just doesn't seem to be, um, working... So, you're feeling like a little tiny wall has popped up in between the two of you in bed.

Hmm.

That doesn't feel that great, does it? Want that to stop? OK, hold that thought for a moment.

You know, we talk a LOT about different kinds of sex around here. OK, I talk, you read, minor detail... FOCUS. And I really like to hammer it into your pretty little head that sex is supposed to be fun, happy, and healthy. An orgasmic roller coaster ride for your pink parts, right? OK, well let's continue to talk about sex, but another side of it.

The more intimate, spiritual side.

OK, before you run off and put on your ball gag and latex panties, hear me out. You KNOW by now that I'm a HUGE fan of variety in the sack. Sometimes it's just fun having oral sex, or sometimes there's toys, fantasies and racy costumes involved.

Other times there's the great outdoors. Sometimes it's a quickie, other times it's a longie... You get it.

But, it's also very important to have what I like to think of as more spiritual, intimate sex.

You may just think of this as making love. But I do believe there is a possibility to really communicate with your man and become closer through the act of sex.

HUH?

OK. Sex is an amazing form of communication right? We can convey so much from this act. We can show our love, we can bestow a gift on one another. We can be primal and animalistic. We can live out fantasies. And you can also gage your relationship from the quality of your sex. Because we all know when it's "over" or there's no "chemistry." We know when our lover is generous or selfish, when we are confident or insecure.

Sex says A LOT.

So, are you two really connecting in bed?

I have found through talking to hundreds of couples and therapists that incorporating a few concepts used in spiritual sex can really enhance not just your sex life but your relationship in general. Trust me, when I first started researching this subject, I was NOT interested in some lame ass, hippy-do-dah sex trip that was going to breathe my inner goddess into a love flower while my man banged on a drum.

Ugh, I may throw up.

But luckily, that's not what we're dealing with. Sure you can buy some Tantric books that are filled with the New Age-y bark speak, but I'm not throwing that your way. What I will do is share some information you may want to keep in mind and a popular, introductory position that works really well to bring you closer to your man.

So let's start with the basics...

## WHAT THE HELL IS TANTRA?

The word TANTRA actually is Sanskrit for "woven together" and can be loosely defined as a system of Hindu yoga that worships the union between a man and a woman.

Pretty cool, huh?

If you approach sex in a spiritual way, then you view orgasms as an EXCHANGE of energies between lovers. And the goal for this exchange is to bring the feeling of oneness with your partner.

So with spiritual or Tantric sex, you're NOT having fast, wild humping, because as sex educator Lou Paget says in her book *Orgasms: How to Have Them, Give Them, and Keep Them Coming*, "When sex is 'hasty,' the man and the woman are not able to exchange sexual energy harmonize with each other, and may even drain each other of energy."

With the more spiritual approach, ideally you will not drain each other of energy, but CONTRIBUTE to each other. With proper breathing and the two of you working towards orgasm in a more meditative state, you can extend your love making for an hour.

And what guy wouldn't be into keeping his erection for an hour? And for Tantra practitioners, the orgasm is only ONE aspect of the sexual act. Tantra emphasizes the art of making love and two energy fields conjoining to create one powerful sexual energy.

#### MOST IMPORTANT FACTOR?

Your goal is to stay CONNECTED. And you do that by maintaining eye contact and matching each other's breathing.

I know this may sound hard, or even that maybe the two of you will crack up, but that's fine. You two are trying something new, a new process and no one is expecting that you'll be in perfect tune with each other right away. Don't worry if you're doing it right or wrong. It's your pleasure that matters most. Just try to remain calm and relaxed.

#### GETTING READY FOR SPIRITUAL SEX.

The most important thing to remember is that you two MUST have the right attitude. And all that really means is that you are BOTH willing and open to the POSSIBILITY of spiritual sex. Have the same intention going into it or it won't work.

Give yourself a time to engage where you guys won't be interrupted. If you have 10 minutes before the kids are going to be home or he's ready to go during the commercial break of the football game, forget it. That's a quickie or vibrator night for you.

Wait until you have a nice chunk of time alone and in an atmosphere that you create that makes you feel sexy and comfortable.

Candles, some yummy smelling oils, anything that makes you two feel soothed and relaxed. There are even candles now whose wax can be

used as massage oil when melted.

[http://www.cleosboutique.com/view\\_item.php?id=264&](http://www.cleosboutique.com/view_item.php?id=264&)

And go into this Sexperiment knowing that this is a very vulnerable practice. So either one of you or both may feel uncomfortable or extremely vulnerable emotionally. That's normal. Just keep in mind this is a practice not a perfection and you are just practicing getting closer to one another in a sexual / spiritual / emotional way.

OK, if you're game...

TRY THIS POSITION...

The YAB YUM position is what is known as the "ultimate form of Tantric Union." Why?

Because in this position a man and woman's energy centers or "Chakras" are aligned so that the energy can flow up and down and through the partners. (It also feels really good!)

So what you guys are going to do is sit upright, *face to face*. Your partner will sit cross-legged and you will spread your legs and sit on top of his thighs. Your legs go around his torso. Try to touch the soles of your feet together behind his back. (The idea is the slight elevation that you get sitting on him will put your energy in proper alignment with his.)

Now, he can put his arms around you and your arms around him. Maintain eye contact and kiss gently. You can then try breathing in his breath and vice versa.

In the beginning of this sexercise, try having him just hold the tip of his erection in you.

Without moving, with only your mouths touching, use your PC muscles to lightly HUG his tip. Then have him slip out.

Then have him penetrate you fully, without any thrusting, just you "hugging" his erection with you PC muscles.

And just practice staying connected: Eyes, mouth, hands, pink parts. Allow a moment of stillness to flow into the next moment... Try it a few times and see if you don't feel more emotionally connected as well as sexually connected.