

Coming into Union (cont.) Deep penetration into the yoni is not necessary. Just touching the tip of the lingam to the clitoris or vulva allows energy to flow. All the nerve endings of the yoni are in the first one or two inches. Let her be the guide. She knows what level of penetration she wants.

Expanding Orgasm. The key to tantric practice is: 1) coming to the brink of orgasm, and 2) transmuting the energy to delay climax.

Don't get caught in goal orientation. Instead let your lovemaking be a spontaneous exploration and a playful experience, with an occasional delightful surprise.

Female Orgasm. Most women take longer to orgasm than most men. Tantric methods assist a man in delaying his climax until his partner has reached her highest peak.

Ejaculation. After at least 30 minutes of penetration, including at least three transmutations, the man may choose to ejaculate. If you wait the recommended time, you will not lose energy when you orgasm.

Internal Orgasm. With a little practice, men are able to experience an internal orgasm, that is, orgasm without ejaculation.

Transmutation Breath. Transmute energy several times while you make love. 1) Exhale completely. Drop your awareness to your root. 2) Inhale through the nose as you slowly contract the anus, pulling the sexual energy up from the genitals to the Third Eye (This transmutes the energy in the semen and vaginal fluids, devitalizing the semen so it can be ejaculated without loss of energy). 3). Retain the breath as long as you comfortably can. Maintain the root contraction. 4). Exhale with a sigh as you relax the contraction. The transmutation breath diffuses the energy throughout the body. It also expands sexual energy propelling you to progressively higher peaks of pleasure.

Mystical Union. When a couple's energies balance each other and wake up the kundalini, each orgasm sends this transformational energy directly into their brains. And then something wonderful happens. The two separate selves disappear into a divine cosmic union. the Egos are transcended and there is only the experience of ecstasy, just pure awareness, pure Bliss.

Afterglow When your lovemaking feels complete, allow at least fifteen minutes to cuddle and be present in the afterglow. If you are really in your heart, you are beyond time and have no sense of its passing. In these moments you both are very vulnerable, very impressionable. Treat each other very sensitively. Conversation might take you out of this sublime state. Pro-found meditation is a better choice in these moments. You are already there.