

SkyDancing Tantra® Practices



Lesson Handout

Opening the Heart:

The Heart Wave

This practice is based on Margot Anand's *Art of Sexual Ecstasy*.

Purpose:

To connect your sexual energy with your heart energy and create an energetic union with a partner — first by moving a wave of energy back and forth between each other's Inner Flutes, and then by creating a circle of energy moving between each other's heart and sex centers. The focus of this practice is to integrate breath, movement, sound, and creative visualization to gently fine tune and synchronize with each other's energetic rhythm.

Practice:

(based on Margot Anand's *Art of Sexual Ecstasy*)

(Allow 45 minutes to an hour):

1. Sit comfortably facing your partner on a cushion or pillow with legs tucked back or folded. If you prefer, use a chair or low stool. Begin with a Heart Salutation, and then close your eyes.
2. Draw your attention and breath to your root Chakra/sexual energy center. Slowly, begin Pelvic Rocking in unison with your breath, remembering to breathe through your mouth. After a few minutes, add the PC Pump. (see *Opening the Inner Flute Handout*)
3. As you begin to feel some energy in your sexual energy center (perhaps a warm or tingling sensation in your pelvis), begin Sexual Breathing — visualizing your breath traveling up your Inner Flute to the heart center, and back down to your root Chakra — while you continue Pelvic Rocking and the PC Pump.
4. ***Synchronized Breathing:*** When you've established a good rhythm and you feel centered, open your eyes and look at your partner, continuing the Sexual Breathing, Pelvic Rocking and the PC Pump. Slowly and gently, allow your breath and pelvic movements to harmonize with your partner's. Remember to maintain eye contact at all times, and communicate with your partner to adjust and synchronize your rhythms... and be playful and creative. You may want to use your hands as a guide to help visualize the energy moving from your sexual energy center up the Inner Flute to your heart center, then back down to the sexual energy center. Continue until you and your partner are in synch and comfortable with the rhythm of movement.
5. ***The Heart Wave:*** As each of you exhale together and rock your pelvises forward, visualize your energy moving from your heart, down through your root, and across to your partner's root and up to his/her heart. Then, as you inhale together and rock your pelvises back, visualize that energy returning from your partner's heart down through his/her root and across to your root and up to your heart. Try moving your hands as a guide to help you visualize the movement and rhythm. Feel the simultaneous energy exchange as you send your heart-sex energy to your partner, and as you receive your partner's heart-sex energy. Continue for 5 to 10 minutes.

6. ***Inverted Breathing (Reciprocating Heart Wave):*** As you continue with the Heart Wave, decide which of you will initiate the transition to the Reciprocating Heart Wave. If you are the initiator (Partner A), on the next inhalation, pause as your breath and energy reach your heart center. If you are Partner B, continue with your exhalation and send your energy wave across to Partner A's sexual energy center and up the Inner Flute to his/her heart center. Partner A then begins to exhale and move in sync with Partner B's inhalation/movement. At this point, there is a single, combined energy wave moving back and forth between the two of you, first down Partner A's Inner flute, across and up Partner B's Inner Flute, back down and across to Partner A's Inner Flute, and so forth. Use your hands to help visualize the Reciprocating Heart Wave. Continue for 5 to 10 minutes.
7. ***The Circular Heart Wave:*** As you continue with Inverted Breathing, decide which of you will initiate the transition to the Circular Heart Wave. If you are the initiator (Partner A), after your next exhalation and as the energy wave reaches Partner B's heart center, inhale and draw the energy from Partner B's heart over and into your heart, then down your Inner Flute to the sexual energy center. Use your hands to help signal this change in movement. If you are Partner B, you will mirror this change and follow the movement, visualizing the energy passing from your heart into Partner A's heart, and down to his/her sexual energy center. Partner A then exhales and sends the energy wave across and up Partner A's Inner Flute, mirrored by Partner B — at this point, you have completed one "Heart Circle." Continue moving the energy circles for about 5 minutes, then alternate the energy circle's direction for another 5 minutes, following the same process described above, except Partner B becomes the initiator of the change in direction.
8. After a while, begin to slow down your movement, resting your hands, relaxing the PC Pump and Pelvic Rocking, and allowing your breath to become softer and softer. As your breath, movement, and sound become more subtle, maintain eye contact and visualize the circle of energy as it continues to move between the two of you on it's own accord. Continue to feel the flow of energy as you sit together in stillness (your eyes can be open or closed).
9. After a few more minutes, when you both feel ready, do another Heart Salutation to complete the practice.