



# Morning Sensual Meditation (Partner)

1-3/week (Recommend work your way up to three, if it seems to daunting to start off with three.)

## NOURISHING THE ROOTS

### THE SET UP:

- Preferably a bed, but if not available make a comfortable set up with comfy blankets on the floor.
- The room is dark with the glow of either candles or soft light. (Water speakers make a nice touch and cover how the music will be played as well).
- (Optional) If you have a favorite scent, allow that to diffuse in the room as well.
- A lock on the door if you have children that might wonder in (Meditation in progress door sign is great for those that can read.)

### MUSIC:

Pick a song that makes you feel sensual and sexy..... you will put it on repeat and play 3 times.... this is the amount of time spent in meditation. Use any genre of song that you like, as time goes on you may find wanting to experiment with what type of music to create different energies within yourself.

### THE WHY BEHIND IT:

What this does is trains your nervous system to feel safe in this type of meditation. The primal brain loves repetition. By using the same song, the body feels the vibration of the music and each round it learns to sink deeper into the movement, deeper into the felt sense, and the partners body deeper into receiving.

Keep the same song for a minimum one week or three sessions..... be willing to experiment what keeping the same song for two weeks, three weeks or even a month.

Music has been a tool for athletes of every kind, they use warm up play lists so their bodies know its game time. Dancers and performers use the same songs as they will for their performance for months, this is how being in the flow of their dances happens, it is no accident it looks effortless to the untrained eye.... To those that know the body and how the nervous system of the primal brain works, and how circuits in the brain are created music plays a key part... music really is a bridge to your soul.

As well the songs you use, even if you go years without hearing the moment you hear them they will bring you back to the feeling of this mediation..... they become a source of comfort, safety & belonging with your partner.

When you start to get annoyed with a song (at some point you will) this does not mean change the song.... it actually means a breakthrough is coming, the CHALLENGE is to allow the annoyance, breathe and keep going, see if you can sink into the movement. Emotions may come up; this is ok and most likely needed.... If you allow them to flow and make nothing about them wrong or bad.... They just are what is needed to release.... There is no need to make up a story about they mean..... welcome them as release, in the same way you would welcome an orgasm should any occur in the meditation. The next time you do the meditation notice if you find a renewed sense for the practice or a deeper connection

## THE MALE PARTNER (or if two females you can alternate who is the receiver)

- They lay there naked...
- their role is to receive....
- no touching back,
- just receive and resists the temptation to touch,
- just receive her touch, her pleasure in touching you, enjoy and allow whatever wants to come up come up.

If emotions come up in you, let them. If you get an erection... great.... if not great..... if you lose the erection... great..... if he spontaneously hands-free ejaculates... great .... if not great.... his only role is to receive and feel the sensations inside himself.

## THE FEMALE PARTNER:

- Get naked
- Begin to move your entire body against his in whatever way feels good to you
- Allow your vulva to glide over his legs, arms, abdomen chest only if it feels good to you.
- This is a meditation to begin to feel your body move in a sensual way, not to think what he will like, but to feel what you like.
- Allow your face to rub his entire body if that feels good to you
- Touch his body with your hands if it feels good to you
- Notice the sensations in your body
- If hands free orgasms are building inside you, its ok for them to happen
- Grind your pussy on his chest if it feels good to you.
- Expect nothing from him but for him to receive, if you can't do that this isn't the meditation practice for you. His body is meant to be a presence for you, he cultivates presence when you expect nothing from him. By activating this energy inside yourself and allowing it to flow through you it will fill you up and naturally spill out over him. This is called filling your own body up first and both of you benefit.
- Resist the urge to take him inside you if he is erect. \*\*\* (I'll discuss down below)
- A lick of his cock is fine if it feels good to you, but this is not a blow job time do not take him in your mouth.
- If any thoughts of any kind come up notice them, and let them come back, you can come back to them later in the day or after the mediation to reflect on them... if you can't remember the thoughts later, great, they weren't meant to be examined just to flow through you without judgement.

\*\*\* Although you both may be extremely turned on, do not finish with penetration or a blow job, except on the super rare spontaneous occasion. Reason for this you are training your nervous systems to connect and sync together in a safe place of love. A place inside her and you and the room where she feels safe to fully open with no expectation and he feels safe to fully receive with no expectation. (This is not always the case in society, the energy she is activating within herself is the same energy that millions of men pay for in strip clubs, and it is the same energy women have used for centuries in mean & manipulative ways to seduce men to give them what they want.... This energy is not bad or evil.... It is like the minerals in the soil that nourish the roots of trees, however because of the misuse on both sexes parts, most women's dark sensual energy lays dormant or trapped within their bodies out of fear of misuse and abuse... either they don't trust their partner or they don't trust themselves with it.... again, it is not evil, it is nourishing and far far misunderstood.

If you finish every time with penetration, there may be a time when one partner or the other may not want sex, if you get in the habit of finishing with penetration or a blow job your bodies become distrustful of one another, and this mediation loses its value and chances are you go back into old unhealthy unconscious habits with your sexual energy. Expectation and performance have no place in this mediation.... That is why it is only 3 songs.... The length of the time is the container... there is a specific start and stop time.

Rather than assume an erection means he needs to ejaculate, allow his own sexual energy to naturally settle, and then If you think of your genitals as roots of a tree, imagine the roots soaking up the water and the minerals and naturally moving up through the tree nourishing the trunk, the branches and the leaves from the inside out.... Take a few breaths and imagine a misting type of energy travel through the center of your body and reaching all the way up so it flows out into your arms and up your head and out as if its spilling down the sides. From there remember the heart pumps blood continually throughout the body without you having to direct it consciously, let the sexual energy you felt within flow where it goes within you.

\*\*\*NOTE: Discussion should be had in an outside setting before the meditation begins for the first time, to discuss a few possibilities such as what they want to do as a couple if overwhelming emotions do occur in either of you.... You can decide the meditation needs to stop, and one or both of you need to be held for the duration of the songs. You can decide that if the female's emotions start up he remains in receiving mode holding space while she continues on til the end of the song and holding happens after the three songs are done.

(I myself choose the second option, because it trains my nervous system to know release of any kind while naked is safe with my partner, and that the only thing he needs to do sometimes is witness them without thinking he is responsible to make me feel better... as well it continues to train my body that it is safe to let go in his presence .... Yes I have a problem crying in front of people, so that is extremely healing for me.)

\*\*\*Only you two really know each other as a couple and how the two of you best bond. There are no hard and fast rules with this meditation. After doing it for a period of a month or more, change it up to make it unique to you as a couple if that is what you both want.