

Easy to Follow Manual

Natural LoveMaking

Transforming "Sex" Into Innocent &
More Fulfilling *LoveMaking* Together



*Sexual Gratification Alone Is Not
the Intimacy that We Seek Together*

"This has made all the difference in our marriage."

"I wish we learned this when we first got married."

"We both are so fulfilled in our sex life now -- every time!"

Chris Wright

Licensed Marriage & Family Therapist and Sex Therapist

ABOUT THIS SAMPLE

This is a sample of the e-book, *The LoveMaking Process*. It is in PDF format as it is currently in the final stages of editing for book publication. In purchasing this e-book, once I have finished editing I will then send you the final copy.

The Table of Contents should be helpful as it is extensive and will give you an idea of the range of contents of this book.

I have included in this sample the Introduction and the first four chapters.

Note that in this current editing process, the page numbers may not always be accurate. And that some e-readers may distort the charts and exercises, until I have finished the final editing and design process.

Best,

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ACKNOWLEDGEMENTS

In 1998, some friends of mine introduced me to the teachings of the late Australian mystic Barry Long. As a couple's therapist, I was accustomed to teaching traditional western and eastern tools for enhancing the pleasure in the sex lives of my clients. Much of what I had learned, however, was about to be completely transformed.

Barry Long's orientation represents a paradigm shift in the understanding and process of *lovemaking* -- in essence, a shift from the focus on "sex" to the more fulfilling intimate experience together of "Making Love."

In teaching this process to couples and in seminars around the country I recognized that this shared experience was sorely missing in many couples' lives, including mine! As a sex therapist I began teaching the process to my clients. I added a Workbook that enabled them to deepen their understanding of this new orientation and the skills for developing it together.

Over time, I also included ideas that were developed by the Taoist Dr. Stephen Chang, and in Europe the author and workshop leader Diane Richardson, who was also influenced by Barry Long. The Workbook has now evolved into this self-instructional book, *Natural LoveMaking*. In this is step-by-step process couples can learn how to stay conscious as they open up to the depths of their hearts and bodies together in natural and true lovemaking.

This easily restored innocent *Natural LoveMaking* process will radically change and expand the possibilities of sexual union together in your lives. This approach will feel more natural to you and the experience of intimate connection together will be deeper than you can imagine.

This is the power of learning how to relax and open up innocently to intimacy. Couples have found that it can change the whole fabric of their relationship. It has enabled them to regularly connect to a newfound vulnerability together. And the exquisite energies that it unleashes together serve to enliven their daily lives and their relationship. This experience in their lives together is what enables couples to (re)capture the original *magic* in their connection together. Every time.

For me personally and professionally, this is one of the most important things that I have learned in an intimate relationship. The process that made an incredible difference in my marriage and in helping couples.

Blessings,

Chris Wright

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Conscious LoveMaking

INTRODUCTION

There is a new consciousness emerging around sexual lovemaking. An orientation that offers a richer, more intimate and fulfilling experience of lovemaking than most couples have become accustomed to in their sex life. The process teaches man and woman how to stay fully conscious to each moment in their intimate connection together and make love completely innocently, intimately, and meaningfully. Couples find the experience expands into realms of pleasure and ecstasy beyond physical sex or just an erotic sexual release.

In this process, the focus shifts to something completely effortless and natural. You learn together how to attune to the more innocent, pure impulses -- with each other and within your selves. Yet, the process goes beyond that. When your hearts and your bodies truly open up and connect together, flow together, something magical happens. You are able to transcend your individual experience, and merge into an experience together that is all consuming. It can take you beyond just the pleasure of sex, even beyond your heartfelt feelings together, into an expansiveness at your spiritual core. There you find fulfillment, and wholeness, together.

Certainly, many have had experiences or glimpses of this in their love relationships. When couples initially fall in love, when their hearts are so open, their innocence and love dominated their lovemaking experience. But the knowledge of how to consciously maintain those deeper, more intimate experiences in *lovemaking*, or even further deepen them together, has been lacking. Without this knowledge, lovemaking can start to be more about sex and begin to lose its spiritual richness and fulfillment. It becomes less about making love, a heartfelt expression and connection of love together. Instead, many couples find it becomes just a physical act of sexual gratification. Then it loses its timeless ability to touch your soul and nourish your connection together.

This orientation and the process of making love in *The Conscious LoveMaking Process* are completely missing in our culture. The process evolved from the teachings of Barry Long, a renowned mystic in the 1980's and 90's in Australia. The process is unlike any system or approach to sex -- whether from the East or West -- that you have experienced. And the results are far-reaching, creating or deepening in your relationship the fabric of intimacy and fulfillment together that you naturally seek.

This manual outlines this orientation and teaches the skills in *The Conscious LoveMaking Process*. Many couples find it meaningful to read it together out loud as a shared experience. Or you may prefer reading at your own pace. Section One presents the theory, and Section Two focuses on the specific process. As you practice these awarenesses and skills, you will discover habits that may have kept you from being fully attuned to your partner, or present with your selves, in sex. Thus *Conscious Lovemaking*.

You may find that repeated readings of this material will continually deepen your understanding and clarity of the process. This greater awareness will enable you increasingly to relax and "let go" into what is completely natural and innocent -- again.

One last note: Even though the tradition of this approach presents *LoveMaking* as an inherently spiritual experience, you can strip away the spiritual concepts and jargon and simply apply these healthy, basic principles in your sex lives. Regardless of your beliefs, these simple principles will enrich and expand your sexual experience together as a couple. So that *LoveMaking* continues to be an important source of joy and intimate fulfillment together.

SECTION ONE

THE ORIENTATION
OF
MAKING LOVE

In

The LoveMaking Process



Chapter 1

TWO ENERGIES OF LOVE CREATE WHOLENESS

Most people have experienced a difference between sex and making love. Many remember in their lives times where they were feeling really in love. Every touch together felt like it was precious. They found themselves innocently surrendering in lovemaking, and felt like they were truly *making* love. In that moment, it was not just about sex. It was much more than that. Their hearts were so open, and the feelings of appreciation, receptivity, and love dominated and directed the whole experience.

In this orientation, there is a fundamental difference between having “sex” and making love. As you will see, the very *process* involved in each is different, the *goals* are different, the *mindset* is different, and most importantly, the *source* of the pleasure unleashed, surprisingly, is completely different. When you are together with someone who opens your heart, it enables you to open up into and unleash powerful, exhilarating, intimate, sacred energies together. This is one of the most fulfilling experiences a couple can have. It is an experience that connects you deep inside your self, and more fully with your partner.

The basis for this fulfillment is the uniting of the two energy poles within man and woman, the masculine and feminine, the yin and the yang. The whole purpose of lovemaking is to consciously unify these fundamental energies in their emotional and sexual connection together, and within themselves. This full, conscious connection or union between the masculine and feminine poles of the Universe produces the experience of intimate wholeness inside. That is why the masculine and the feminine are so compellingly drawn to each other, to being in love, to feeling *fully* connected together, to feeling whole.

When we surrender our hearts in the spiritual union of sexual love, these exalted energies can fully connect. In that wonderfully rich connection, we can open up so fully that we transcend all sense of separation -- with each other, and within our selves. Even if just for a moment, we feel fully complete within our selves as we expand our consciousness into a sense of spiritual Oneness together.

This is why religious traditions around the world teach that sex is inherently a spiritual process. A process that requires love and the security of marriage to enable us to open up and surrender our hearts and bodies fully enough to tap into those incredible natural, purely spiritual love energies. For souls uniting in lovemaking in this way, the process becomes a spiritual practice -- a sacred path to wholeness or holiness.

Physical and erotic sex rarely provide the vehicle for spiritual mergence. It does not touch your soul. But most people know that. Most people have had experiences where they had sex where they did not open into love. So they know that there is a difference. It was just sex -- a performance or release, without connecting to love or meaning. That is because sex alone does not open us to the deeper, more fulfilling *forces in nature* that make the experience so rich, intimate, and transcendent together. And that is the problem. In lacking this more intimate and fulfilling dimension with just “sex,” most couples, over time, tend not to have sex more often.

For many couples, however, having physical and erotic “sex” is all they know. Their focus tends to be solely on sex -- sexual gratification, erotic turn on’s and sexual excitement -- in order to experience a narrow, Peak Orgasm for a needed sexual release. The primitive sexual urges for propagation and sexual

excitement have dominated their instincts, and their sexual focus. Some may have even thought that this was “lovemaking.” After all, this is what we learn in the culture and from the media is successful sex. And, yet, physical, erotic sex alone, however arousing and gratifying, is not the pure love energies that we each yearn to connect to.

In this new orientation, the *process* of making love is of far greater significance than simply sexual gratification together. Something magical happens in true lovemaking. It somehow energetically unites a couple more fundamentally, more intimately, than most any other activity together. It is an experience together which takes each of them out of the narrow boundaries of their independent selves. They unite with a love that feels more expansive than they can generate alone. This process of intimate union provides a incredible, fundamental connection together, one that nourishes and balances their selves, and enriches the fabric of their relationship.

The Effect of Not Making Love Together

The mystical, all-fulfilling sexual union in lovemaking is based upon mutual love and surrender in your hearts. Sex without love cannot gain access to these finest, innermost feelings or unleash these incredible Life-force energies. So a diet of just sex together tends to lose its charm and potency. It becomes routine, a performance, a lot of effort, maybe even a duty. Eventually one or both partners tend to pull back, and share in sex less often. Excuses like being too busy, or too tired, or not “in the mood” start showing up. Lacking the shared richness of this nourishing emotional and physical connection together, and not knowing how to attune to these powerful fundamental, exhilarating energies, the sexual relationship grows apart. This, in turn, starts to affect their sense of emotional closeness in their relationship

Couples who lack this regular experience of pure intimacy in *LoveMaking* together are missing an important dimension in their marriage. It is a real loss that results in an emotional and psychic distance at their core. Where there could be connection, vulnerability, intimacy, and fulfillment, there is now separateness. This sense of separateness, in turn, tends to produce even more pressures and tensions as the emptiness of emotional connection is felt. It affects their relationship, and their sense of self.

On the contrary, when we open up of our hearts and connect to these fundamental heartfelt, sacred energies inside of our selves and with each other, we generate wholeness inside. That is because when two people in love share intimate sexual union in conscious *LoveMaking*, they expand, nourish, and purify their souls. They open into and share a divine love that is greater than them selves. As two separate individuals, they find wholeness together.

It is in the absence of true *LoveMaking* that couples find their focus shifting to sexual gratification. The focus shifts to emotional, erotic content to “spice it up” the physical experience. That requires stimulating fantasies and highly-charged erotic imprints that will unleash intense, pleasurable, arousing feelings into the act. So the focus now is on doing things that will “turn you on” inside. Maybe you put on a video to get in the mood. Or have your partner do things specifically that turn *you* on.

This is a slippery slope. The act increasingly now becomes a process of simply turning each other on to orgasm for a sexual release. Not knowing how to access these exalted energies in *LoveMaking*, the partners now focus on sexualizing the experience. In the process, women typically become more of a sexual object. She finds herself expected to become an erotic “turn on.” And her focus shifts to “being good in bed” -- to being good at turning the man on.

For many couples, sex is lovemaking. There is no distinction. They have been conditioned from an early age that to be a good “lover” you go for “hot sex” in the relationship together. Most will be surprised to find out that in doing so they miss something that is available together which is richer, more expansive, more intimate, and far more fulfilling to experience.

Even the professional sex therapists and educators tend to focus on how to have better “sex.” And how to spice up your sex lives. Popular women’s magazine, books, workshops, seminars show you how to more effectively *turn each other on* for better sex. As you will see, this innocent process of *LoveMaking* is completely different. And yet, you will discover how so very natural it is to make love.

In this orientation, the deeper fulfillment and ecstasy together that each of us is seeking in sexual union is not found in trying to gratify erotic sexual needs. Nor is it found in improving your technique, or in how to better turn your partner on. In fact, as you will see, chasing turn on's and the focus on achieving hot orgasms tend to *prevent you* from the kind of experience you are wanting in your connection together. That is because the more ecstatic and fulfilling experience in *LoveMaking* together lies in a completely different domain. A place that erotic sex, no matter how intoxicating or "exciting," won't be able to reach or satisfy. It is simply not found, or needed there.

Pure Innocence in Conscious LoveMaking Brings Forth Presence in Ecstasy

In this new teaching, you learn to make love together in the present. Where the focus is in connecting together to these deeper, more sublime energies. Where you connect to each other, feel each other, love each other. Instead of "doing" together, you are *being* together. With practice, as you free yourself from the past conditioning, the process restores the purity of your innocence. The man learns how to approach his partner, attune to her, blend with her natural rhythms and pace, and make it *safe* for her to fully surrender into her heart and body as the make love together.

The woman finds the process enables her to truly relax and attune to her being, innocently letting go into the moment-by-moment unfolding experience with her full Awareness. Every moment -- each incredible sensation -- is a pure delight. She opens up like a flower. She experiences every sensation and every feeling to the core of her being, where it reverberates deeply throughout her whole body. She becomes truly responsive to him, fully alive in her love and passion.

For the woman, her deepest fulfillment is when she can totally surrender her heart and body, take him completely into her, take everything he is, while in return releasing every bit of her feminine self for his fulfillment. In taking him in her core, she feels the wonder, power, and fullness of his masculine love. And, in response, she surrenders her heartfelt, sacred energies into his being. As a result, they both find themselves moving deeper into their hearts, their bodies, and souls, where ecstatic intimacy is found. Woman's total sexual motivation is to make this divine union with her man and surrender these heartfelt energies.

When the woman can relax, and savor each moment, the effect is profound. Her energy and inner sanctum becomes yielding, soft, fully lubricated, welcoming, undemanding, sensitive, fully responsive, open and alive. For the woman, the lovemaking becomes purer, sweeter, and more deeply fulfilling. It feels effortless, and so natural to her nature as it moves her into her core. This is what she always dreamed in her heart making love to a man would be.

In this *Conscious LoveMaking Process*, the man gains a sense of *command*, feeling strong and centered, potent yet open, powerful yet sensitive and loving. He gets out of his head and into his masculine, yet vulnerable being. They make sublime, sparkling love as he absorbs into his body and soul her deliciously divine, female energies that give him balance and wholeness within his self. As their consciousness expands together, the sensations in love are so heightened that the pleasure can seem almost unendurable. There is no limit to the expanse of Being, and Bliss, they can share in together.

Learning to Make Love

Why would someone need to *learn* to make love? It is true that lovemaking is natural. However, in our culture, the focus has been on conditioning boys and girls, men and woman to seek "sex." Some partners intuitively know how to make love together. The rest of us run up against unconscious conditioning that has steered us into having sex. After all, aren't we suppose to get each other *turned on* to an incredible orgasm? If that is the case, we need to learn a simple framework that shifts us out of the mindset of "sex," and moves us into an entirely new frame of making spontaneous love. *The Conscious LoveMaking Process* shows both the man and the woman step-by-step how to do that.

Can't you readily learn this from any sex therapist or sex workshop, you might ask. Even sex therapists and sex experts tend to focus on how to do better in the arena of "sex." I am suggesting that the whole realm of "sex," as pleasurable as it is, with it's goals, expectations, and focus on turning each other on, are

dynamics that tend to *prevent* the more sublime and ecstatic experience of opening to more fulfilling lovemaking. You end up becoming better at “doing” -- sexually getting each other excited -- instead of opening up your heart and your senses to richer and deeper levels of experience in being together. Of course, there is nothing “wrong” with sex. Learning, however, to expand your awareness and range of skill and experience can only expand or deepen your pleasure together.

Interestingly, research shows that in conventional sex the average time spent together from beginning to end is just seven minutes. In *Conscious LoveMaking*, every moment, every delightful and delicious sensation and feeling is attuned to and experienced with full Awareness. The incredible energies unleashed are allowed to penetrate deeply into your bodies and soul. Spontaneous, completely innocent and free, the process unfolds naturally. There is nowhere to go, nowhere to get to. We start in love, and in each moment fully express, receive, and *expand* that love together. So we always feel complete, moment-by-moment in this process. That’s why *LoveMaking* in this way can go for hours. Or even just a few minutes, to tap into those incredible energies together. If it lasts just 10 minutes, that is 10 minutes of eternity.

Free of pressures and expectations, both partners can now be fully absorb each incredible sensation. For the man, the complete innocence of this process frees him of the overexcited imagination that causes premature ejaculation. And it relaxes the performance pressures that cause impotence. She also values making love free of expectations and the emotional or physical pressures on her performance. After all, there is no performance evaluation, nor a goal to work towards at all. It is more a celebration, an enlivenment, and expression of your love, your wonderment, fascination, and connection together. At times, the love-filled Eros is sublime, meaningful, or then becomes passionate and intense, or light and fun, or solemn and inward, basking in pure, loving peace -- but always connecting and nourishing in some deep mysterious way.

The openness is so expansive in *Conscious LoveMaking* that the experience can reach a completely different type of orgasm as well. Rather than a 15 second *narrow, peak climax* in sex, in this process couples can experience an *extended, expanded orgasm* that goes for 15 hours. The also creates a different effect together. Whereas ejaculating in a peak orgasm can deplete a man emotionally and physically, creating a move towards distance (as he rolls over and goes to sleep), an expanded, deep orgasm does the opposite. Instead, his energies have expanded himself into a very fulfilling realm inside -- in his heart and his body. He has not ejaculated and still feels vital, strong, open, and attracted to his partner. His attraction now, however, does not come from sexual or emotional need, for he feels fulfilled inside.

As a result, couples tend to come together to connect in this innocent, nourishing way more often. For the woman, whereas before she might have resisted having to satisfy his carnal desires, in this process the inner motivation for uniting together is not based on emotional or sexual need, pressure, or duty. It is about being drawn together at an innocent, intimate level. The woman feels desired, but not consumed, loved but not invaded, sensual and sexual but not an object. The vulnerability this orientation provides assures her, even enables her, to open more deeply. In connecting to her self, she discovers her core, her essence, her abode of love. And his. Who is not attracted to come together and experiencing love more often?

The Effect Making Love Has On Each Other. And On Your Relationship.

In opening up to these pure Life currents, this process of *LoveMaking* serves to heighten each other’s well-being. The experience melts away and cleanses your spirit of tiredness, boredom, anxiety, discord, or emotional distance. Uniting these fundamental male-female energies together in this way is balancing, healing, and revitalizing. It’s like sharing an intimate, relaxing and/or enlivening moment in a lovely, refreshing spa. An inner spa, if you will.

What a wonderful tool in your lives together! Whenever either of you feel tired, or a little down, you come together in this natural way to freshen and restore your energy levels. When you are feeling a little anxious or stressed-out from too many pressures in your day -- this fundamental connection brings you back into your body, deeply relaxes you into your Center, and enhances your emotional well-being. It

becomes your own private physical and emotional spa for promoting your health and balance within your selves. Expanding consciousness does that naturally.

It also serves to deepen and revitalize your relationship and sense of emotional connection together. For your intimate connection is fundamental, and important to nurture and keep lively together in your relationship. In lovemaking, you experience each other in a very vulnerable way. That is really important. You finally have a way to let your guard down together, move out of your heads, out all of your isolating roles, and all the responsibilities that you can become caught up in, in your day-to-day separate lives. To open up and be truly *present* and conscious. You naturally smile. Experience delight. With the person you care most about. In doing so, you are keeping the experience of “us” alive. Keeping it Real.

This process of *LoveMaking* connects you together in a far more intimate and fulfilling way than other shared pleasurable activities or expressions of love. After all, you are expanding together into the deepest, boundless experience of timeless love possible as a couple. In so doing, you are re-connecting to your original feelings of love and appreciation. Wow. This enables you to continually re-discover the magic and love that brought you together in the first place. And deepen it as you grow. So the whole fabric of your relationship together is strengthened.

Gaining the Skills that Sustain and Revitalize Your Intimacy

In the beginning days of the relationship, pure experiences of lovemaking may have happened naturally for some couples. But over time, they realize that they did not know how to facilitate it, or sustain it together. So learning the process of *making love* innocently again becomes one of the most important things a couple can learn for deepening the fulfillment of their union together.

What about those couples who have built up years of pain, neglect, and emotional distance? Well, if they value the relationship, this process becomes even more important for them. Learning how to create safety for the walls to come down and the underlying vulnerability to emerge allows the necessary healing process to begin. Couples originally are drawn to each other as a source of pleasure to each other's lives. But for the marriage to sustain that intimacy and be able to grow together, they need to continually nourish each other physically, emotionally, and spiritually. Couples who have lost that trust and intimacy, it is vital that they find this safe framework for restoring the connection. And begin filling each other in this natural, more profound way, again.

Fortunately, *The Conscious LoveMaking Process*[®] is easily learned. It is so natural, so intuitive, and so intimate to who you are, it's like getting back on a bike again. This manual will walk you through the process. First we focus on understanding the orientation. Then, in Part II, we focus on the step by step process from both the women's role and the man's. By the end, you will both have great clarity of the process that will enable you shift into this new, completely different, innocent mindset. And have this natural gift of *LoveMaking*.

CHAPTER 2

The Range of Experiences in Sex

We are going to start by examining two orientations that lay the foundation of this new approach. For many, this will be new and insightful in their understanding of sex. First, in this chapter, we will explore the range of experiences that are available in sex. Couples tend to settle in to what seems natural to them, without realizing how much more they could be experiencing in their love life together. Then in the next chapter, we will expand your understanding of orgasms. Most people only know of one orgasm in sex. You will discover that there are orgasms far more expansive, and ultimately fulfilling, that you can explore.

Most people have personally experienced a range in the sexual experiences they have had. They know the difference between having just sex and experiencing making love. Many couples also have experienced a range in the kind sexual experience they have had together. Some have found that their experience in the beginning of their relationship changed over time into just sex. There are others who feel all they have had is "sex." But they intuit that there must be more to sex than what they are experiencing. Understanding this range is important as it will enable you to navigate to more fulfilling experiences together.

As you see in the chart below, this range extends along a continuum from purely physical sex on one end of the scale all the way up to a spiritual experience at the other end. As you move up the scale, by adding emotional meaning to the physical experience, sex turns to richer erotic or romantic sex. Moving up the scale further generates a complete shift in your experience into heartfelt *LoveMaking*. With full awareness, you can expand that experience to its total extent, where you can transcend all sense of separation into a spiritual experience together.

RANGE OF SEXUAL EXPERIENCES

Physical Sex	<i>Erotic Sex</i>	<i>LoveMaking</i>	SPIRITUAL
<i>CHARACTERIZED AS:</i>			
No Meaning	<i>Stimulating the Imagination</i>	<i>Sexual Connection as an Expression of Love</i>	<i>Merging in Spiritual Oneness</i>
<i>SOURCE OF THE ENERGY:</i>			
Biological Energy	Turn on's trigger emotions	Heart & Bodies Open -- Universal Love Energy	Universal Life Force -- Spiritual Energies
<i>EXPERIENCE IS:</i>			
Purely Physical Pleasure	Fantasy Substitutes intensify pleasure	Nourishing. Fulfilling. Rich Intimacy.	Wholeness Oneness

Each of these provides a different subjective experience. That is because *the source of the energy* driving the experience is completely different. As you move up or down the continuum, you begin to leave the type of energies of one experience and incorporate a different source of energies of the next. As you completely leave the other behind, you gain a whole different experience of "sex."

The idea that your sexual experiences in your relationship are different because they come from a different source of energy -- that is a new concept in the West. These dynamics are not readily recognized by people. All sex is just sex in this culture. And yet the experience you have in each of the above categories will be completely different.

This is an important distinction to note, particularly in the field of sex education and therapy. If the focus is on improving one's sex life, all the efforts tend to keep you limited to eliciting sexualized energy. That can increase the intensity of pleasure and sexual gratification. But as you will discover, it also will tend to keep you from opening up to far richer, more fulfilling life force energies that are available. You may learn how to have better "sex," but miss the ecstasy of deeper intimacy into pure love.

The source of the energies generated in "better sex" actually limit and constrain your experience from expanding to richer, more natural sources. The source of the energies unleashed from your core in making love and in spiritual union are completely different. There the energetic experience is unbounded, and not narrowly bound to sexual gratification and pleasure. It is the difference between the ingredients and experience of candy and an exquisite, gourmet meal.

The Four Categories and Different Sources of the Experience

As you see on the chart, on the left end of the spectrum is purely raw, physical sex. It is just the physical act itself, with no meaning in it. An example is what a male experiences when he is asked at a clinic to go into a room and produce a sperm sample. It is just physical sex. There is nothing erotic or loving in the experience. The source of the pleasure comes from stimulating biological energy, which produce raw sensations. When a couple has sex as in this category, it is just a physical experience, and nothing else, resulting in biological release. No emotional connection, nothing erotic, no turn on's -- just bodies together -- sex. In this category, one can have a sexual orgasm, but the physical experience is missing an emotional component.

As you can see, physical sex alone is not so meaningful or emotionally fulfilling. When people do it, it is usually because pressures and tensions have built up inside compelling a purely sexual release. Most people find the need to use their imaginations to give the experience emotional or erotic meaning and added richness. In the chart above, as you move up the scale, you add emotional, erotic, or romantic meaning to enrich the pleasure in the act. In the above example of the man in the clinic, maybe the room contains erotic magazines for him to look at to stimulate erotic feelings as he masturbates. The pleasurable physical sensations are now amplified by triggering highly charged erotic or emotional imaginings. We call these "turn on's" because the emotional stimulation turns us on. It stimulates our imaginations and sexual or romantic fantasies.

The source of the richer pleasure in this category is now coming from the emotional content that was turned on -- our fertile imaginations. These are the emotional turn on's our partner triggers in us that are so arousing in sex. They make the experience more than just raw, meaningless, physical sex. They give it emotional meaning and richness. The more intense the emotional turn on's, the more intense the sexual experience. This category seems to be where most couples tend to find themselves eventually in their sex lives. As you will see, this is what for most people having sex is about.

As we move up this scale further, however, the couple shifts into a different experience together. The source of the pleasure is no longer coming from our imaginations but is now coming from a different source of energy that is far more fulfilling. Two people come together with their hearts open in *Conscious LoveMaking*, sex becomes more of an expression of the love they experience together than about emotional turn on's. In opening their hearts, they are opening to a life force that underlies all creation. Not in their heads or imaginations, but in the Universe. These are fundamental, all encompassing, Love Energies the couple are now experiencing. These incredible, vital energies provide a totally different experience together.

You know this. Many of you have had sex without love. You can tell the difference. These love energies are a much more intimate and fulfilling source of pleasure, ecstasy, and joy together in *LoveMaking*. In sexual union, Love now becomes the source of elixir, the *juice*, you are experiencing, and the engine producing it. So sex together is now more about making love together than sex. That is because it is not based on emotional turn on's or imaginative substitutes -- it is the *real* thing. In opening your hearts and connecting vulnerably together, you are opening into your fundamental life force energies at your core. When you connect together to these heartfelt energies, you each feel *whole* inside.

Some couples, however, have discovered that an even richer experience together is available in their sexual union. As you move even further up the scale, the experience tends to become more expansive, more ecstatic, and more emotionally and intimately fulfilling. Using awareness in your heartfelt connection together, you and your partner can increase your *presence* in that union so fully that you find yourselves merging into the experience. Where you experience any sense of separation dissolves.

In this experience, all the self-imposed egoic boundaries within your self and with your partner are transcended. You expand into a sense of Oneness. You experience an unbounded Silence inside, energetically and spiritually pure. In the process you are becoming one with your Self through the unbounded connection with your beloved partner. You are becoming one together. However, in that process couples report expanding even further, to feeling themselves becoming one with the spiritual essence of the Universe. Their awareness opens to what appears as the same Essence that connects everything in creation. You open into the sacred experience of Oneness.

This is why the religious and spiritual traditions of the world are adamant in their teachings that sex is *inherently* a spiritual experience -- a spiritual union. Not a just a sexual one. A holy union, however, that requires the bond of love to generate. For it is in opening your heart and learning how to fully expand your consciousness that enables you to access these divine, loving energies together.

Learning to Expand Your Range Together

In this orientation, we recognize the pleasures available in the full range of sexual experiences. In learning *The Conscious LoveMaking Process*, a couple is simply expanding their ability to share in this broader range of sexual experience. They can make divine, spiritual love together, or at times enjoy sharing the intimate loving connection together. And there may be times where they enjoy moving into erotic, highly charged emotional sex. Or there may be moments where a purely biological sexual release is valued. As they choose, for they are not limited in their sexual expression together.

However, most couples today find themselves limited in their range of sexual experiences they share together. They do not know how to consciously attune to each other and extend beyond their experience for a more varied and fulfilling, intimate holistic sexual experience. They may have begun their relationship with intoxicating, romantic sex, or even lovemaking. But for many, it tends to diminish over time, where it becomes increasingly physical or erotic sex. If so, they will appreciate the opportunity to expand their experience into natural and fulfilling intimacy together further.

There are also couples who are experiencing sexual problems together. Their experiences in their past have distorted their sexuality, or created sexual dysfunctions, or shut them down to where there is no pleasure in sex. In every case, they are being robbed of this incredibly nourishing experience that is available together.

Wherever you find your selves, *The Conscious LoveMaking Process* can create the emotional safety to relax into these loving energies and have a wonderfully fulfilling love life. However, in order to gain these skills and extend your range, there are dynamics involved to become aware of. Understanding these dynamics will facilitate the *LoveMaking* experience together. You become more *conscious*, enabling each of you to be more *present* together. Not recognizing and aligning to these dynamics can actually prevent these more fulfilling experiences from unfolding. Fortunately, for most couples all it takes is education and training in these processes.

Now, let's look at the range of orgasms that you can have in sex.

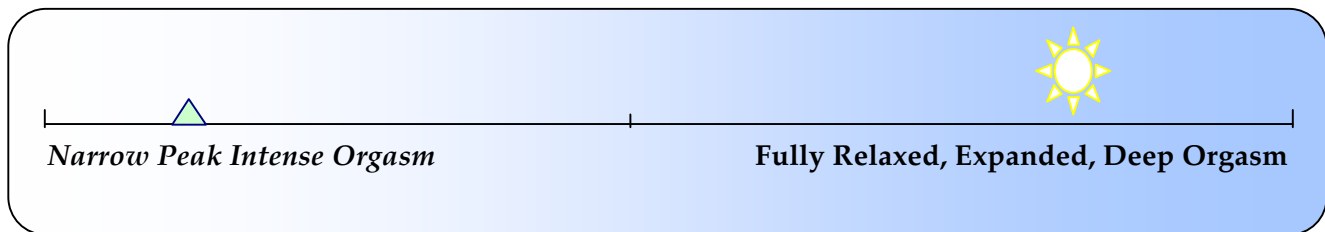
CHAPTER 3

Two Types of Orgasms

Peak Orgasms & Expanded, Deep Orgasms

Some people have experienced different types of orgasms in their lives. For many, however, they only think of the orgasm that comes from building up sexual tension to a peak climax. This experience of an intense biological release, we call a Peak Orgasm. However, this is not the only satisfying orgasm available from sexual union. There is a second type of orgasm, the Expanded Orgasm, which for many is far more fulfilling to experience together. Both kinds of orgasms, however, are natural to us all.

On the scale below, on one end is the narrow, intense Peak Orgasm. As you move up the scale you incorporate more of the fully relaxed, Expanded, deep, transcendent Orgasm. The unique qualities of the Expanded Orgasm are more of what is generated with *LoveMaking* and with the Spiritual experiences in sex. On the other hand, when you move down the scale, your experiences express more of the qualities associated with erotic, turned-on sex culminating in a Peak Intense Orgasm.



Both types of orgasms are incredibly pleasurable, and there is not one that is considered right or wrong, good or bad. They are simply different experiences that involve very different dynamics. They also generate different consequences -- pursuing one or the other will lead to completely different experiences in sex. The Expanded, deep Orgasms tend to occur as sex becomes increasingly an expression of love. They also occur with Spiritual experiences in *LoveMaking* -- when you merge into Oneness. However, each type of orgasm has its own inherent value and meaning. In laying out these dynamics, our goal here is to teach you how to extend your sexual experiences to encompass the full range of orgasms possible, and not to limit you.

These two orgasms are not only by nature completely different. What you *do* that generates each of them also sets them apart. Reaching a natural Peak Orgasm to a climax requires an intentional, very active, build-up of excitement to its incredible release. The experience is limited to the genitals -- the penis and the vagina-clitoris -- and involves *narrowing your consciousness* as the climax approaches.

The Expanded Orgasm, on the other hand, is *not* limited to the genitals. It involves *relaxing* and *expanding your consciousness*, as opposed to narrowing it. This enables you to absorb the experience so fully that it penetrates throughout your *being*, producing an all-encompassing, deep, transcendental experience. Narrow Peak Orgasms feel wonderful in their concentrated intensity of pleasure, but rarely are they deeply moving. Neither the sexual union nor the sexual release, as pleasurable as they can be, seem to touch our soul like the Expanded transcendent Orgasm can. (And that is because they generally don't.)

However, Peak Orgasms have become the norm in conventional sex, and we will see why shortly. They are what most of us come to expect in sex. Many people have no concept of any other type of orgasm exists. Even though many couples in the beginning days of being in love report joyous, deeper experiences that are further up the scale into the Expanded, more fulfilling orgasm. There has been little education that these Expanded Orgasms naturally exist.

Differences Between the Peak Orgasm & the Expanded Orgasm

Right off, the mindset and approach to sex in each type of orgasm is completely different. The Peak Orgasm is based on building genital friction and stimulation with the penis and the vagina or clitoris to generate sufficient intensity until a Peak climax is experienced. In men, during the peak climax he ejaculates semen. The entire process is necessarily goal-focused, and requires specific, well-defined genital actions to get there.

The process also typically involves a lot of physical energy and effort to generate the climax. The effort necessary is to intensify the stimulation, to increase the excitement levels to a crescendo or release. This involves repeated mechanical movements with each partner's pelvis. Or, if it is done manually, the man using his fingers to simulate the woman's vagina or clitoris, and the woman's hand stroking his penis. The effort becomes faster and faster as you intensify the tension and friction necessary to reach a narrower and narrower peak experience of excitement.

Interestingly, many women have a difficult time achieving the Peak Orgasm in sex with their partner. Even with the best of intentions, it is not always possible for those women to relax sufficiently to catch their orgasmic rhythm inside of their body. Or she is unable to build up sufficient sexual charge to produce a meaningful or prolonged climax. In her efforts to "get there," her movements become faster and increasingly aggressive. Her focus, and *presence*, narrows. As she does so, her consciousness necessarily constricts, ultimately decreasing overall sensitivity in her body (and her Being) as she efforts to laser-focus her attention to make it happen. Adding to the pressure, many women feel the man's heightened expectation that she have a Peak Orgasm in order for him to feel successful as a lover.

The Expanded Orgasm is practically the opposite experience, and involves a completely different process. Here *relaxation* and *expansion* are the keys. We each relax into the sensations so fully, attune to and absorb each moment so completely, that the experience penetrates deeply into our bodies and hearts, and touches our soul. The process allows LoveMaking to unfold organically, spontaneously, at its own pace. There are no deliberate moves or movements; no intention, expectations, or goal to get in the way of experiencing the full impact of the multi-textured, innocent sensations as they unfold. This profound sense of "letting go," of complete surrender, allows the shared experience to expand throughout all parts of the body, and our Being. There is nothing "narrow" about it.

In the man, this deep orgasm happens without ejaculatory release of semen. The pranic life force energy is maintained in his body, radiating inward instead of being released outward. He absorbs and assimilates those sacred energies rather than release them -- that is the difference. His relaxed awareness in LoveMaking fully absorbs the energies of each sensation. It feels like every cell, every muscle, every crevice of his being is bathed and nourished with these luminous energies. They radiate throughout his being and penetrate to his core, giving him a most fulfilling and ecstatic experience.

For the woman, this transcendent orgasm is not typically a huge explosion or volcanic eruption as is characterized by the narrow Peak experience. It tends to be more expanded, a more intimate experience. At times, it can be serenely peaceful, dissolving into sweet nothingness. You transcend into eternity, beyond time and space. At other times, it is so expansive that it is overwhelming in its bliss. The masculine energy fully penetrates you to your being. It completes you, satisfies you.

In the Expanded Orgasm, you both feel filled by the process, not emptied. A rich fullness of Being that nourishes you, leaving you contented, balanced, all your senses vital and alive.

Remember, the individual experience of an Expanded sexual orgasm is all relative, up or down a scale. Many of you experience some or many of these qualities of an Expanded Orgasm in conventional sex. However, to the extent you incorporate the dynamics in *LoveMaking*, you will experience more of these richer, transcendent feelings together. By applying any of the various principles of *Conscious LoveMaking* that you are drawn to try, you can increase the values of intimacy and fulfillment in an Expanded Orgasm together.

Let's contrast the two Orgasms further. To achieve the Peak climax you need to "Do" more, and "Be" less. For the Expanded Orgasm to flower, however, you need to "Be" more, and "Do" less. The busy-

ness of doing, expecting, evaluating, navigating, efforting, narrowly focusing -- easily overshadow the finer sensations of each moment. A focus on doing more to get each other aroused, putting more effort into generating more stimulation or excitement is not even required for this deepest of Orgasms. In fact, it tends to get in the way and prevent it.

In contrast, moving towards the Expanded Orgasm, you relax your Awareness, let go, allowing the pace to unfold innocently, and bring your awareness to each sensation fully. You attune to the inner movements of energy and pleasure in your body and throughout your being. You awaken an inner sensitivity that has little to do with excitement or excitation. This sensitivity reveals a deeper layer of consciousness and intimate connection together -- the interplay of sparkling magnetic polar *life forces* -- the yin and yang connecting as One -- that course through your *being*. It is like riding wave after wave of varied textures of inner bliss together. It is ecstatic to encounter and wonderful to embrace.

The duration of the time of orgasm is also different in the two types of Orgasms. The blissful intensity of a Peak Orgasm tends to last in numbers of seconds. It has a definite start, and a clear end. In contrast, the Expanded Orgasm is a more sustained state, a timeless experience without a specific start or finish. It can last for a few minutes, but usually lingers for many hours, radiating throughout your day. The experience of intimate peace, ecstatic fullness, envelops you. It takes you over, as if you were suspended in it. This is an expanded, transcendent state of pure Consciousness, not a momentary event, measurable in seconds.

Also, in the Peak Orgasm, the build up of energy is then outwardly discharged. In the Expanded Orgasm, however, the energy goes entirely inward, and is used to enliven and vitalize the mind and body. For men, the release of semen in the Peak climax tends to be a tremendous discharge of physical and emotional energy. Women can experience a Peak Orgasm as an incredible discharge of vital energies as well. The release of these energies can leave the man or woman feeling empty inside, depleted of their life force. The man can feel like he has lost that which makes him feel potent, connected, and vital inside. The woman can experience forms of post-coital depression.

In discharging these energies, the beneficial life force is not given a chance to expand and penetrate inwardly, where it nourishes and revitalizes the body and mind. In the Expanded Orgasm, your vital energies flowing through your bodies are profoundly enlivened. However, it is not in an overstimulated way. The flow is frictionless, embedded in ease. Afterwards, you feel strengthened, balanced, and fully alive.

You and your partner could be tired after a long day, and want to come together in *LoveMaking* in order to actually revitalize your minds and bodies. Or after a stressful day, you make love in this way in order to relax and reconnect to your inner Peace. The Expanded Orgasm creates balance inside. Whatever your nervous system needs, it balances that for you energetically. If you are tired, it enlivens you. If you are anxious, uptight or upset, it relaxes and expands you. It is not just "sex" you are having; it becomes love *making* -- enlivening love and the energy of love throughout your being.

You are opening up channels inside of you that have contracted, become tired, or stressed-out, as you flush out the old toxic, stagnant energy. The innocent, nourishing life force connection in *LoveMaking* becomes something you each look forward to in your day. Something you can share together that balances your physiology and puts you into a better mood. An experience where you become alive, not spent. Where you feel truly intimate and emotionally connected together in your relationship. That is why couples tend to make love more often with this *Natural LoveMaking* process. In contrast, conventional sex typically involves a big production and expenditure of vital energy.

The experience of a Peak Orgasm in conventional sex also tends to become an emotional end in your experience together. One or both partners can feel a draining away of emotional energy and attraction after the climax. The physical discharge can deplete his or her innocent feelings of emotional attraction towards the partner. They just want to turn over and go to sleep. Or pull into their world.

He (she) may now feel hollow in their heart, like a refractory period of pulling back emotionally to recharge. You end up feeling some emotional distance, or even somehow separate again. For a few hours or days, he (she) may seem to have lost his natural emotional need and attraction towards her for completion. He pulls back a little (or maybe a lot). In this way, the emotional end in orgasm can be a let

down, where each can feel a little alone or empty inside. Until he or she feels the build up of pressure of separation and “needs” you again.

The opposite happens in the Expanded Orgasm, where there is no emotional end. The experience brings them both out of their head into their hearts and bodies. She gets to experience him in his vulnerability, without any mask, defenses, or walls up. She feels his open heart, his attentiveness, his caring, his appreciation. She opens up as well and responds fully to his touch. She welcomes him into her deepest parts, and surrenders to him. In being inside of her, he fills up with her Essence. He feels his potency, his strength of manhood deepened and sustained. He is so nourished in the process that he feels no need to ejaculate. Afterwards, they each feel a deeper sense of connection together that carries forward for hours into days.

In *LoveMaking* in this way, he continues to be attracted to her, responsive to her -- emotionally and sexually -- 10 minutes later, 2 hours later, that evening. And she is open and attracted to him, in her heart and in her body. They each could easily enjoy connecting in love again later this morning, this afternoon, or evening. It is not out of some unmet emotional *need*, or from pressure “to get off” sexually, or from pent-up frustration or neediness. It comes more from an innocent responsive, drawn to express and enliven love together. He feels strong inside his body, and clear in his mind. She feels nourished, secure in herself. There is no lapse, or pulling back, as each goes forth into the world.

Can this LoveMaking Process End with a Peak Orgasm?

Elements of the Expanded Orgasm can be experienced moving up or down this scale in *LoveMaking*. Even in *The Conscious LoveMaking Process*, couples can end with a climatic Peak Orgasm as a natural result. The man may ejaculate; the woman may enjoy multiple Peak Orgasms. Couples can make love for an extended time, allowing the enlivened energies to penetrate deeply, nourishing them both orgasmically. And then either can choose to end by climaxing and enjoy that experience as well.

The inherent value of a Peak Orgasm is in its intensity of incredible pleasure that it unleashes. Such a concentration of sexual pleasure can feel intensely blissful. As the couple gains mastery in the *range* of sexual lovemaking, they can make conscious choices accordingly. Since there is no “right” way, you get to discover for your selves.

Many may find, however, as they deepen their experience of Expanded Orgasms, that they save Peak Orgasms for special situations. For example, many men make love regularly enjoying the Expanded, transcendent Orgasms, and wait to ejaculate at times that are particularly meaningful. There also may be times when a partner knows that they would like to have a Peak Orgasm right from the beginning. Out of love for our partner, we attune to, and are responsive to each other’s needs. So whether you save your climax and ejaculate once a week, or once every two or three weeks, or more often -- it is always experienced as a gift, a special expression of love and surrender together.

So remember, there is no right or wrong type of orgasm. Nor is there only one way to have sex. There are simply consequences, or different effects that are generated from these sexual experiences together. The key point in this orientation is that orgasms are secondary to the moment-to-moment purpose and beauty of *LoveMaking* -- love expressing, love connecting, love enlivening. It is an experience where you are consciously connecting fully to your partner, and deeply within your selves.

Imbibing the Sacred Nectar for Spiritual Experience

In the Peak Orgasm, man ejaculates his sacred seed into the woman. In many religious and mystical traditions, the man’s semen and the woman’s ejaculate (in Tantra it is called “amrita” -- the *Nectar of the Goddess*) in *LoveMaking* are considered sacred. They are an elixir, containing both spiritual and healthful qualities. In the East, semen is absolute yin -- the nourishing feminine energy inside of his body, and in the universe. In Tantra, it is taught that both the man’s ejaculation into the woman, vaginally or orally, and the woman’s “amrita” imbibed by the man, produce “soma” -- the celestial substance of the angels and gods. This sharing of each other’s *soma* inside is believed to activate spiritual centers that enliven perception of celestial values.

It also is healthy to do so. There is scientific research that illustrates the positive impact of semen for the woman. Published in the *Archives of Sexual Behavior* (June, 2002, Volume 31, Number 3), in the article "Does Semen Have Antidepressant Properties?" researchers found that semen absorbed into the woman's bloodstream produced statistically significant drops in depressive symptoms, and the elevation of the subjects' mood. Maybe it does have qualities of the *Nectar of the Gods*.

In any case, in this orientation, the man and woman's ejaculate are considered healthy, special, and sacred in the relationship. And the act of climax is a special shared experience. It is not seen as something dirty, sinful, primitive, or disgusting. The only reason women in particular would feel that way is from past conditioning or if they have had ugly experiences with unhealthy or unloving men. When a man ejaculates, or a woman climaxes, that is an incredibly special, intimate, sacred experience together. It certainly is for the person experiencing it. In this orientation, those energies and fluids are holy, and should be appreciated and honored as such.

Exploring the Dynamics that Prevent Expanded Orgasms and LoveMaking in the Chapters Ahead

The focus going forward now in this first Section is to educate you to dynamics that generate these different experiences. When the focus is on having sex, there are dynamics that tend to prevent you from the more fulfilling experience of Making Love. The clearer you are of those pitfalls, the more effective you will be in your love life (and as a lover). Then, in Section II, the focus shifts to teaching you the skills in *Conscious LoveMaking*.

Understanding these dynamics will be helpful for those who felt they had richer lovemaking experiences in the beginning of their relationship. But they did not know how to sustain the innocence of the experience. Over time, they may have found their experiences narrowing down into just sex, where the focus is simply on getting each other turned on to orgasm.

These insights can be transforming for couples who only have had "sex" -- that may be *all they have ever known* sexually. If that is true, their focus has been simply on getting each other sexually turned on to a great narrow Peak Orgasm. But then, after all, that is what sex is, isn't it? Yet they intuitively know something has been missing. And they are looking for that something, which is richer, more fulfilling in their intimacy together.

Gaining clarity of these dynamics, however, will be even more helpful for those who are having problems in sex. Men who have difficulty getting or maintaining an erection, or ejaculate prematurely, or feel unsatisfied in their lovemaking skills, or who are not having sex as often as they would like in their relationship -- for them, these understandings these natural *LoveMaking* skills can make all the difference.

Women who have lost their passion or desire, or who to whatever extent shut down in sex, or feel inadequate in sex, are turned off to aspects of sex, or are having difficulty having orgasms, or difficulty lubricating -- they will discover the dynamics that interfere with your natural enjoyment and response to lovemaking. Those issues And then you will gain the frameworks and skills that will enable you to fully appreciate the benefits of a fulfilling love life.

As you will see in these coming chapters, *The Conscious LoveMaking Process* uniquely provides a natural solution for such problems. That is because it expands you, and your connection together, beyond sex. It opens you up to something more intimate inside your self that is very natural and wholesome. And that gives you a completely different experience than just sex. The *Process* creates an innocent, and unique, framework of *emotional safety* that enables each person to truly let go into his or her core. Free of pressures and expectations, both men and women find they respond naturally. And they discover the intimacy and fulfillment they have always dreamed of.

This natural *Process* is also important for those individuals who feel they have become addicted to being "turned on" sexually. In conventional sex, the focus is on eliciting the imagination to get turned on emotionally and sexually. Those experiences tend to condition or train the man and woman to seek getting "turned on" as a substitute for natural intimacy and love. For those men and women, this arousal becomes a primary way of filling an emptiness inside and releasing pent up pressures. Not knowing how

to access the deeper, natural fulfillment in *LoveMaking* in their relationship, they seek it in the nutritionless, fantasy-based sex. Like junk food, it satiates, but cannot fulfill. And for some, that can become an addiction for them.

This is also true for those who have developed sexual distortions in their sex lives. When emotional issues are sexualized, people can act out in scenarios that distort their natural sexual energies. People can find themselves overwhelmingly driven by the pressures of that Emptiness inside they are trying desperately to fill. Over time, as sexual turn on's lose their potency, they can require stronger and stronger stimuli to "get off." These emotional issues become fixated on acting out fantasies and stimulation to get that same "high." These fantasy substitutes are seeking through symbolic actions a connection to that natural intimacy inside that they are missing.

For all of these reasons, readers will find that broadening your awareness and understanding of these dynamics in Section I will make it clearer to you how to avoid the pitfalls that prevent natural *LoveMaking*. And then in Section II, gaining the specific skills in *LoveMaking* will enable you to navigate together in developing your range of more meaningful, loving, ecstatic sexual experiences together. For most couples, this will add a new, richer dimension to your relationship. And, for some of you, this will prove to be a significant healing experience.

CHAPTER 4

How LoveMaking Can Change Over Time and Become Just Sex

Many couples have tasted intimate experiences of making love. When you first fall in love with someone, the source of the incredible pleasure in sex is coming from the underlying, sublime, ecstatic, most fulfilling *love energies* that are generating the experience. Many couples remember times when the entire experience was dominated by love, not by sex. But over time, many lose touch with that innocence. And it becomes more like sex. You can tell because excuses start showing up -- "I don't feel like it tonight." "I'm tired." "I'm too busy."

How can couples first make love and then over time start to lose that intoxicating, fulfilling, experience? It may seem surprising how you can fall in love with someone, have heartfelt closeness in their lovemaking, and then over time have it start to dry up. How does delicious, nourishing lovemaking start to turn more and more into just sex?

What can happen is, as a couple moves past the courtship and honeymoon phase of the relationship, realities start to set in. Differences start to matter. Pressures emerge in their lives that affect the relationship. These pressures can trigger each other's issues that create some emotional distance. Little irritations with each other can accumulate and they find themselves pulling back. As emotional needs go unmet, a partner can develop hurt feelings, or possibly little resentments inside. Maybe they learn to adapt by numbing out certain needs and expectations, so they cease to care. Now as a couple, though they still love each other, they find their hearts not as close, their feelings not as innocent.

When a couple does not feel as open or close emotionally, there is less *loving* energy present to direct their lovemaking. So their lovemaking starts to move down the scale and becomes more like sex. When that happens they typically find they are having sex less often. Without the richness of the love that nourishes the experience, excuses start to show up. And when they do have sex, it becomes more focused on just sex -- now moving down the scale towards Physical Sex. It becomes more of a "routine," a sexual release, just "getting off."

Then there are couples who have never experienced anything but sex. In the beginning, they may have enjoyed the innocent novelty sexually together. But, they too, can find that over time it tends to lose its potency. That is because it is still in domain of just sex. So it can start to lose its original appeal together. It becomes increasingly a production, a performance, that takes a lot of energy. If this is all they have known, they may not know there is something more that is available. How would they know it could be different to actually Make Love? They loved each other when they got together, and may still love each other now, but all they have ever had is just sex.

All of these scenarios happen because the couple does not know how to attune to those fundamental life energies in *LoveMaking* together. They do not know how to expand the experience beyond the sexual gratification, or transcend the negative emotions from their past or the current emotional pressures that are distancing them in the relationship. They do not know how to sustain the innocent experience of Making Love together. So sex is just sex. And stays that way.

The Need to Add "Excitement" to Sex

Since purely physical, unemotional sex is not as fulfilling, couples will naturally want to "spice" it up their love life. So they turn to stimulating each other's imaginations in order to help intensify the sexual

experience together. If they do not know how to attune to the underlying love energies together, couples will look to stimulate an emotional component to generate meaning and richness in the experience. However, *this is what changes everything*. This is what keeps couples stuck in the limiting domain of just sex.

This is the first dynamic that we shall be exploring that prevents accessing the richer, more fulfilling fundamental love energies in *LoveMaking*. It happens when couples start to focus on “turning each other on” in order to jump start sex, or to give sex more meaning. Each partner wants the other to do the things that will stimulate his or her “turn on’s” -- highly-charged pleasurable, erotic or romantic fantasies and associations. Whenever the love energies are not dominating the sexual experience, couples will naturally be drawn to give the experience added meaning and emotional intensity. So they focus on highly charged fantasy substitutes for love.

Then we will explore the second dynamic that interferes with accessing the innocent love energies in *LoveMaking*. We will see how the focus on turn on’s and sexual excitement sets up subtle expectations and a goal orientation that tends to overshadow the richer, more sublime experience together. Whereas before, making innocent love was in and of itself the goal-less goal -- being intimate, basking in these incredible energies together, nourishing each other emotionally, physically, and spiritually. Now, when you add “turn on’s” and the focus on sexual excitement, there is a definite goal -- to get each other as “hot” as possible, to achieve the celebrated, narrow Peak Orgasm.

These two dynamics embedded in sex change everything -- the focus on “turn on’s” and the focus on *sexual excitement* to a Peak Orgasm as the goal and course that sex takes. Both of these are what put you on a track to “Erotic Sex” in the *Range of Sexual Experiences*. And keep you from opening into the more powerful, delicious, intimate, real-life love energies in timeless *LoveMaking*.

Let’s first focus on turn on’s and how they affect sex. Then we will explore sexual excitement as a goal and how it can interfere with *LoveMaking*. Then in Section II, we will focus on developing the skills that promote *LoveMaking*.