



2nd PRACTICE SENSUALITY & SEXUALITY

This practice is about your **sensual discovery and self-pleasuring.**

There is **no specific goal, self-pleasuring is not about reaching orgasms or ejaculation.**

If it's happening great, welcome it fully, but it's not the main point of this practice.

This goal of this practice is to **bring a different vision of sexuality & bringing more awareness & sacredness into this act.**

Therefore, we will bring our full attention and work on activating the 2nd and 4th chakra, Swadisthana and Anahata.

It's an unique and different **way to discover yourself, allow yourself awaken all your senses**, feel what you like, get to know your sensitive parts, to feel and express pleasure as it increases, at that moment.

In short, it's being turned on by being YOU!

Accepting and honoring entirely that part of yourself.

The more you will express yourself sexually, the more you will feel.

Choose the appropriate moment for you to practice, where you will not be rushed by time (**keep at list 30 min to 1 hour for yourself**)

I recommend you to commit to this practice **once a week**.

★ ★ Preparation

- ❖ Choose a place where you have **privacy and you will not get disturbed**.
- ❖ For example, you can consider doing it in your bedroom, **1st part** of the practice consists in activating our **sensual essence** through **music, visualisation, and movements**.
- ❖ During the **2nd part**, you will **be laying down in your bed**. This time we will continue using **visualisation, music, adding the touch**.
- ❖ **The best way to enjoy this practice is while being naked**.
- ❖ Create a **nice environment**, like in the 1st practice, with a beautiful light, candles...
You can even use **incense or essential oil if you like**.
- ❖ If you want to increase to intensity of the **connection with the 2nd chakra**, you can use **Ylang Ylang** fragrance.
- ❖ You can use my **sensual playlist as an inspiration**.
- ❖ Prepare yourself, take a **warm bath or a hot shower** before, or anything that makes you feel good.

- ❖ Prepare some **massage oil** that you will keep next to your bed. You can use for example **organic coconut oil and mix it with lavender essential oil**.
- ❖ Those are of course suggestions, and I really recommend you to **adapt the practice for your personal needs of the moment**.
- ❖ The key element of this practice are the **breath, movements and sounds**, so don't hesitate to come back to those 3 qualities at any moments.

☆☆ Let's begin the practice

- ❖ In a standing position, gently **close your eyes, connect with your body, feelings and sensations, and bring your hands to your chest.**
- ❖ **Feel that your hands are an extension of your heart.**
- ❖ With each breath, you are bringing more energy, more **prana in your chest**, your **Anahata chakra is expanding slowly.**
- ❖ **Keep one hand on your chest and bring the other hand on your sexual organ.** Acknowledge these two parts of yourself.
- ❖ **While keeping your eyes closed, focus on the breath.**
- ❖ **Feel the connection between your heart chakra (Anahata) and your sacred chakra (Swadisthana).**
Create a **circuit of energy between the inhalation and exhalation.**
- ❖ **Visualise the connection between those two poles.**

✧✧✧ Sexual Energy Awakening

- ❖ Let yourself be **guided by the music**, and start to **focus on the hip area**, allow **them to rotate gently**.
You can release your hands, place them on your hips if that's feel right for you.
- ❖ This will help you to **slowly awaken the energy around swadisthana chakra**.
- ❖ Little by little create **bigger rotations with your hips**.
- ❖ Keep your awareness on the connection between Anahatha and Swadisthana.
- ❖ Feel like the **movement is coming from your heart and going down towards your genitals**.
- ❖ If at some point **other movements are emerging**, let it flow whatever feels natural for you.
Allow your entire body to move.
- ❖ Let yourself **be guided by your hips and heart**, and by your yoni or lingam.

- ❖ Allow yourself to **drop your mind, drop the judgement about your image or sensuality**, and free yourself.

Express YOUR own authentic sensuality through movement.

How does your sexy part want to move today?

- ❖ Remember it's not a performance, or about how you look, it's just about **enjoying yourself**.
- ❖ Keep breathing, if any sound is wanting to be expressed, let them out.

- ❖ **Gently slow down the movement** and bring your hands on your chest and genitals. Bring your awareness back at these two places for a moment.
- ❖ **In stillness, feel them and welcome the sensations, welcome the awakened energy of those areas.**

★ ★ ★ Sensual Touch

- ❖ Come on your bed and **lay down** on your back.
- ❖ Keep your hands on Anahata and Swadisthana chakra.
- ❖ Now I invite you take your bottle of oil, and start **massaging your entire body**.
- ❖ **Avoiding our genitals and your breast for now.**
- ❖ This shouldn't be a mechanical process, try to cultivate this feeling of **self-love, acceptance and adoration** towards your body and your sensuality.
- ❖ Use this moment to **explore your body in a different way**, try **different kind of touches, pressure, maybe some areas are more sensitive** than others.
- ❖ Learn to **rediscover your body**.

What do you like right now, how do you want to be touched right now?

- ❖ Explore your lips, your ears, the inside of your elbows...
- ❖ **Offer yourself that present, to give yourself what you desire.**
- ❖ **Always with full presence and awareness.**
- ❖ **Experience the touch, the breath, the small movements that your body wants to express.**
- ❖ **Feel. Taste. Appreciate it.**
- ❖ **Explore your body from your toes to your head, and really take your time.**

☆☆☆ Exploration of the Breast

- ❖ Once every single parts of your body have received **some love and attention**, you can now spend some time around your breast, and really give it time and attention.
- ❖ **The breast is directly connected with the 2nd chakra, they build sensual and sexual energy.**
- ❖ It's an important part of this practice.
- ❖ Slowly massage all around, cupping them, circling around the areola and the nipple, **finding a new creative way to touch this area.**
- ❖ Allow yourself to experience, and to **feel the emotions that are connected to it.** Everything is welcome. (laughter, tears, screaming...)

✧✧✧ Exploration of the Yoni & Lingam

- ❖ Whenever it feels right for you, you can slowly **bring your hands down to your yoni or lingam.**
- ❖ First, **stay on the area around,** and do not touch the genitals directly.
- ❖ Explore the growing area, and slowly **explore the outer lips of the yoni or the testicles for the men.**
- ❖ There are so many ways to explore those areas, but **make it your own discovery, some touch may feel exiting, some other may feel more relaxing.**

Stay in presence and aware.

Remain with your breath and your feelings.

- ❖ Take as much time as you need here.
- ❖ Then, you can reach to the **clitoris or the shaft** for the men, and enjoy the same process here.
- ❖ Start in a very gentle way, remember that **the goal is not to reach orgasms or ejaculation here, but to rediscover yourself.** Deconstruct some patterns or ideas that society gave you.

- ❖ For the men (and also the women), remember from time to time to **connect your genital with other parts of your body, like your chest, your arms, and spread the energy there.**

☆☆ At the door of your Yoni Temple

- ❖ For the women, when you feel ready, you can **bring your fingers towards the entrance of your yoni temple, staying in that place for a while, feeling what your body is yearning.**

Is the door of your temple ready to open and welcome your
finger?

Or do you need more time, more loving presence?

Ask your Yoni directly what does she wants.

- ❖ If she is fully yearning, **invite your fingers** inside, once you have entered, **take a moment in stillness, to listen your yoni, how does she feel, what does she want? Ask her, and follow her flow.**
- ❖ **Enjoy the sensations.**

★ ★ ★ Final Awareness

- ❖ When you feel it's time to stop, very gently, slow down your touch, **cup your lingam** for a while.
- ❖ For the women, very gently and slowly, **take out your fingers** from your yoni, this may take a few minutes, till you arrive to the point where you can **cup your vulva**. ❖ Take a moment to **integrate this practice in your being**.

Where you comfortable in bringing attention and love to
your body?

Where you comfortable touching your genitals, and
exploring yourself in a different way?

What did you discover about yourself?

- ❖ Bring **one hand on your heart and the other stays on your genitals**.

- ❖ Enjoy a moment of **gratitude towards yourself**, allow yourself to connect truly within.
Whatever has happened during this self-exploration is just what's needed to be experienced.

- ❖ I recommend you to **write down what you have discovered about yourself**, keep this journal with you, and realise that maybe next time you will do this practice, new things will come up, new feelings, continue writing them down...

I hope you enjoyed it!

Feel free to leave a comment or share your experience with me.

To know more about what I offer: www.ishvaritantra.com

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