



## Arousal Meditation

Do this as a hands-off practice or get aroused the old-fashioned way. Orgasms are optional, as always. Try it both with and without climaxes. Men, try it with and without ejaculating.

Go to your sacred space or set the intention to be in sacred space. Choose a sacred intention to focus on. Get comfortable, close your eyes and get centered.

Start by activating your imagination. Imagine a current, recent, distant or imaginary fantasy scene that involves the hottest sex you've ever had or can dream up. Use all your senses. Take the time to see the details, feel the textures and temperatures, and to taste, smell and hear everything. Let yourself become absorbed in the scene. If you're doing this hands-on, go all out with your self-pleasuring. Involve your whole body as well as your most sexy bits. Remind yourself that this is sacred.

Take the arousal that you're generating and visualize it. See a red light ball of pulsing sexual energy that nestles in your pelvis. Feel the throbbing heat. Relax into your arousal. Intermittently repeat your sacred intention.

Use your favorite breathing, sounding and pelvic floor muscle-pulsing arousal techniques. Use your tools to expand the energy ball. Play with it while focusing on your intention.

Bring your awareness to your belly, expanding the energy ball. See it rising up to fill your belly, then up to your chest, flooding your heart, your head and up beyond the top of your head. Imagine your erotic energy connecting to the disembodied Divine energy of the universe. Send it down, expanding it to include your legs and feet and then down into the ground. Visualize your light ball connecting to the embodied Divine energy of the earth, rooted into matter and tapping into planetary power. Remind yourself that you're experiencing holiness.

Run the energy up and down your whole body, from the earth to the sky and back again. Feel it connecting you to the pulse of all life, to the Divine Spark.

Play with yourself in whatever way expands the pleasure. If you're including orgasms, go for it. Dedicate your orgasmic energy to healing, empowerment or cosmic love.

Close by allowing the energy to come down from a boil to a simmer, slowly calming and quieting the breath. Repeat your sacred intentions.

When you're done, lie quietly. Just notice and feel blessed.