

## Conduct Your Erotic Energy Orchestra

Your hands are natural conductors of rhythm and conduits for energy. Utilize their power by orchestrating the movement of your energetic juice. Here are some suggested ways to use your hands to increase your pleasure and activate your libido.

- Use your hand to focus your attention. Put a hand on the place you want your arousal to go. You may or may not want to start with your genitals. Perhaps your heart or your belly is a better starting place.
- Use your etheric energy field by holding your hand a few inches away from your body over the place where you want your erotic energy to go.
- Add some breaths and imagine you're breathing through your palm. Add some pelvic floor muscle pulsations.
- Run your hands from one area of your body to another to move your attention and energy. Try three or four firm rhythmic strokes. Want more genital excitement and awareness? Rub from your chest to your crotch or from your feet to your genitals. If you already have a lot of genital arousal, you can spread the energy to other parts of your body by stroking from your crotch to your heart or down your legs.
- Use your hands to bridge two areas by putting a hand on each to connect them. Try this with your heart and genitalia, or your belly and crotch.
- You can orchestrate energy by moving your hands about 3-10 inches above the surface of your body, as if you were stirring and swirling the air around you. Try circling your hands above your pelvis during your next climax and see if that keeps your orgasm rolling longer.