



Partner Play: Wave and Fire Breath

The *Wave* and *Fire Breaths* are great techniques to use by yourself and they're also great ways to play with a partner (or partners).

Finding that your mind won't shut up and let your 'thinking brain' go offline? Having a hard time feeling connected? Try sharing the *Wave Breath* practice to get relaxed, centered and connected. This is a great way to launch an erotic session when one or both of you are feeling tense or distracted and unable to turn off your thinking brain.

Having a hard time getting all the way up the arousal stairs? Try sharing the *Fire Breath* practice and see if that causes blast off! Doing the *Fire and Water* combo will take you both deep into trance.

To add to the power of your play, describe the visuals that you're using such as a glowing circuit, a fiery river or trails of pulsing light.

Start an erotic play session with five minutes of mutual *Wave Breath*. You can sit facing each other and eye-gaze. Or lie together with eyes closed, either spooning or in a heart-to-heart embrace, and get tranced out together on the *Wave Breath*. Eventually it may feel like you are no longer two separate breathing people, but a single breathing unit.