



Fire Breath Orgasm Meditation

Preparation:

Prepare by setting up a warm, private cozy padded spot. Drink some water and have some nearby. Empty your bladder. Put on music. Make your space sacred with whatever works for you such as burning incense or lighting candles. If you are doing the meditation with others, start by doing something to get harmonious such as sharing some breaths, chanting or dancing together.

Positioning:

Lie flat on your back with your knees bent. It's best not to use a pillow under your head. If you need to you can put a large pillow under your knees.

This meditation can also be done in a standing position. If so, then stand with feet centered under your shoulders, knees loose and belly tucked in loosely.

Begin The Meditation:

- Start by focusing on your breath, deepening it gradually.
- Then add in gently rocking your pelvis, allowing your knees to gently open more and close slightly.
- Finally add in using your pelvic floor muscles (PFM) to draw the pelvic floor in and up and then out and down, coordinating it with your inhalations and exhalations.
- You can pull your PFM muscles up with your inhalation and down with your exhalation
- OR you can pull the PFM muscles down with your inhalation and up with your exhalation. Find whichever rhythm seems to work best for you.
- Start to allow sounds to move out of you with the breath.
- Add in using your hands to focus your intention and direct the flow of energy.
- Of course, use your imagination to see, feel and otherwise sense the circuits.
- Have your mouth be loose and open. Try to keep your breath moving through your mouth as much as possible. You can also purse your lips and draw the air in like through a straw and blow out gently like blowing out a tiny candle. (Use nose breathing when you need to.)

Start the Imagery and Fire Up Your Chakras

Inhale and open bottom to draw up earth energy into the first energy center, the Root or Perineum Chakra. Images: Red. Earth energy. Birth. Life & Survival. Wild Aliveness. Smells.

When that area feels connected to the earth, and full of energy then start to circulate that energy from the first root chakra to the second one, the Belly or Sex Chakra.

Continue breathing, making sounds, pelvic rocking, and pumping the PC muscle while you use your hands to help move the energy in a circle between the 1st to the 2nd chakras.

Imagine the 2nd chakra energy: Orange. Water Energy. Balance, movement, center of gravity. Fluidity. Tastes.

As you bring the energy up, remember that you're drawing up energy from the earth and circulating it between the two chakras.

Next, expand the circle of energy and move it from the 1st chakra to the 3rd or Solar Plexus Chakra.

Imagine the 3rd chakra energy: Yellow. Fire Energy. Personal power. Vitality. Sight

Repeat the larger circuit, rocking the pelvis, breathing, using the PC muscles, making sound, fluttering your knees, dancing the energy around with your hands as you move it between the root and solar plexus chakras.

Now, create a circuit between the 2nd or Belly chakra and the 3rd /Solar Plexus center.

Continue the pattern of making a small circuit from one chakra to the next, then expanding it to a larger circuit from the initial chakra to the one 2 levels above.

The over-all pattern looks like this:

1st/Root to 2nd/Sex (a small circuit)	1. Imagine Root Energy: Red. Earth Energy. Birth. Survival. Security. Smell.
1st/Root to 3rd/Solar Plexus (a large circuit).	
2nd/Sex to 3rd/Solar Plexus	2. Imagine Sexual Energy: Orange. Water Energy. Balance, movement, center of gravity. Fluidity. Tastes.
2nd/Sex to 4th/heart	
3rd/Solar Plexus to 4th/Heart	3. Imagine the Solar Power Energy: Yellow. Fire Energy. Personal power. Vitality. Sight
3rd/Solar Plexus to 5th/Throat	
4th/Heart to 5th/Throat	4. Imagine Heart Energy: Green. Air Energy. Desire to merge and melt. Love. Passion. Touch.
4th/Heart to 6th/Third Eye	5. Imagine Throat Energy: Sky Blue. Ether Energy. Authentic expression. Trust. Hearing.
5th/Throat to 6th/Third Eye	
5th/Throat to 7th/Crown	6. Imagine Third Eye Energy: Indigo. Mind Energy. Intuition. Imagination. Freedom. Psychic (6th sense)
6th/Third Eye to 7th/Crown	
7th/Crown to above, out top of head.	7. Imagine Crown Energy: White or Violet. Cosmic Energy. Connection w/ everything & everyone. Divine bliss. Soul. Higher creativity.
7th/Crown to full circuit of all the chakras	
Feel the energy streaming all the way up and down	

When you are ready you can choose to keep the whole circuit energy open or to focus the energy in one place.

If you wish to focus the energy, spend some time concentrating on that one chakra and imagine bringing all the energy that you've generated into enlivening, healing or vitalizing that area.

When you are ready, start to wind down, slowing your breathing, making your movements more and more gentle and finally coming to rest. Stay still for a while. You may want to curl up in a fetal position and just be quiet with yourself for a bit. Take your time getting up. Allow for a slow and gentle re-entry period. Enjoy whatever feelings, energy or sensations that you experienced. There is no right or wrong. It will be different each time you do it.

Enjoy!

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