



Sexcraft Skills & Sexual Energy Exercises: *Solo Practice*

Breath Exercises

Breath builds excitement, feeds the fire. Mouth & throat and pelvic floor and genitalia are connected! A loose open mouth and throat equals a relaxed and open pelvic region allowing the blood to flow and the energy to increase.

Simple Mouth Breath: Breathe through a soft open mouth. Try it with loosely pursed lips for the inhale and a relaxed open mouth for the exhale.

Accelerating Breath *To raise the energy and deepen the arousal.*

Start with slow deep breaths. Breathe down into your belly. Gradually deepen the breath and increase the pace, still trying to pull the breath down into the belly. Keep getting faster. Practice a deep rapid pant.

Sound Exercises

Sound expresses and colors the energy. It informs the rest of your body and your mind when something good is happening. It focuses your brain where you want it focused and expands the amount of focused stimuli that you're aware of. Sound provides an internal and external feedback loop. It communicates, narrates and expands your pleasure. Sound amplifies sensation!

Make open-mouthed sounds with a loose throat. Sound can move - up or down, to a specific spot, in or out - and as it does, it carries the energy with it. Use it to move your sexual energy. Higher sounds can be open or closed. For more arousal, keep your throat open!

Crescendo Breathing: Do the Accelerating breath with a sound on the exhale. As you go faster, allow your sound to rise up in pitch, until you're breathing fast and making short, high sounds. Then take a big breath in and let it out slowly, with a descending sound.

Chakra Sounding:

The Chakras are the energy centers in the body. You can do chakra specific sounds or find your own sound for each chakra. Or start with specific chakra sound and then let it move into whatever you feel like you want to do.

Chakra Sounds:

1. Root (perineum) = LUM
2. Lower Belly/Hara or Sex = VUM
3. Solar Plexus = RUM
4. Heart = YUM
5. Throat = HUM
6. Third Eye (center of brow) = OM
7. Crown (top of head) = No sound.
Silence.

Sexy Sound: Breathe and make sounds, allowing them to become increasingly erotic. Play with various vowels, sigh, moan, whimper and explore how different sounds affect you.

Movement Exercises

Movement moves and circulates the energy, intensifying and raising it.

Pelvic Floor – The Inner Pump

Pelvic Floor Exercises use the pelvic floor muscles (PFM), also known as the pubococcygeus or PC muscles. These muscles form the base of your body.

Basic PF Pump: An essential energy intensifier and mover. Tighten the whole group of pelvic floor muscles, front to back, side-to-side. Squeeze together and pull up at the same time and release.

Breathing Pump: Do the Basic PF Pump, and then coordinate that movement with your breath. Do whatever pattern seems easier to see which is more natural for you. Now try to do, each pattern: Tighten with inhale. Release with exhale. Then try the reverse pattern, by inhaling and then giving a big squeeze on the exhale and opening on the inhale.

Holding the PF Pump: Tighten with inhale. Hold for 5 seconds. Release with exhale.

Pulse the Pump: Tighten and release your PFM as fast as possible. After some practice, try to go so fast it feels like you're fluttering them.

Outer Pelvis – The Outer Pump

Pelvic Rocking is the basic sexual movement of mammals, an 'essential motion' for arousal. The motion pumps cerebral-spinal fluid, stimulates multiple nerves, improves blood flow, generates sexual energy and stimulates ancient mating reflexes. The release of orgasmic energy is related to rhythmic rocking movements of the pelvis, which can be enhanced by breathing patterns, sound and imagery.

Pelvic Warm-up: dance to percussive upbeat music for 5-10 minutes, with lots of hip action. Shake your booty.

Pelvic Rock: Tilt your pelvis up and back, mostly using your belly muscles to pull your pubic bone up and your butt and lower back muscles to curl your sacrum backwards. The movement should be relaxed and small. A gentle rock is enough. Avoid doing a big thrust. Just curl and release your pelvis.

Shimmy & Shake: Shimmy your hips. Then vibrate, shake and shimmy everything you've got to wake it up!

Integrated Exercises

Sexual Breathing Exercise: Imagine breathing through your genitals and bottom as you pump your PFM. Start with the **Pelvic Floor Pump**. Now shift into the **Breathing Pump** by coordinating with your breath - clench your PFM with the inhale & release with the exhale. Now, employ your inner vision and imagine your breath flowing through your body and in and out your bottom. See your genitals opening and closing, drawing the air in and releasing it.

Rock the House: When you've got all that going, add the **Pelvic Rock!** Tilt up as you clench, and back as you let go. Notice what happens. Also, try playing with undulation, tilting and shimmies as you breathe through your bottom and release your sound.

**Play & Dance with Your New Skills! Have Fun! Be Creative!
Remember...Practice, Practice, Practice!!!!**



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