

## SexCraft: Partner Skills & Practices

### Partner Practices

All of the exercises that you've learned and practiced alone can also be done with a partner.

### Positions

There are some positions that can enhance our experience of connection. Experiment sitting face-to-face, lying in alignment and other ways to be aligned, comfortable and relaxed while you play.

## BREATH

### Bonding Breathing

Just as breathing forms that foundation of your personal toolkit, it's the most basic tool to find connection with others.

#### *Breathing Together – Coordinated Breath*

*Get in a comfortable alignment position. Now, breathe together. It's usually easiest to start by synchronizing an inhale. Breathe in together and breathe out together. This is a dance of finding a rhythm that is comfortable for both of you. Don't force it, just let it flow easily between you.*

*Suggestions: You can do this with eyes closed, in a chest-to-chest embrace or with your open eyes softly connected.*

### Complementary Breath

Complementary breathing is useful for alignment also but I find that it's particularly good for when you want to pump up the energy.

#### *Complementary Breath*

*This is the other basic partner breath practice, the complementary breath. Again, body position and whether your eyes are closed, open or locked together are all options to experiment with.*

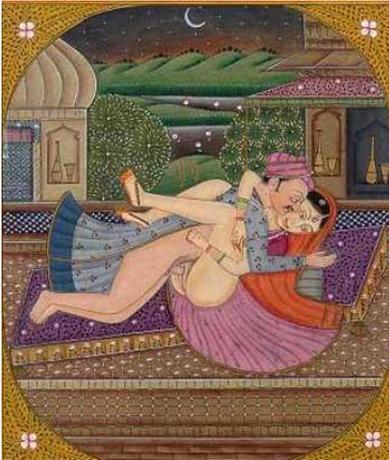
*The essential practice is that of breath exchange. One person breathes out while the other breathes in so that it seems that one is breathing into the other and then receiving their breath back. The inhalation and exhalation need to be equal. Find a rhythm that works for both of you.*

## SOUND

### ***Sound Symphony***

*This game is the same as the breath play but with the addition of succulent sounds. Get in a comfortable aligned position. Now run through the various breath practices and variations again, only now each exhale is an opportunity to make sound. Try doing Coordinated Breathing, with a big 'Ahhh' on the exhale. Then try it with an 'Ohhh'. Make your own sounds of pleasure, breathing together and making sounds in harmony. Turn off your brain and let the sound lead you. See what happens when you release your mutual sound. Try playing with sound as you do Complementary Breathing, one person sending sound with an exhale into their partner, while the receiver opens to the sound, vibration and energy that are flowing in as they inhale. Then send the wave of sound and breath back into your lover as they open and suck in your exhalation and expressions.*

## MOVEMENT & ENERGY CIRCUITS



### **Pelvic Power Play**

We have any number of places in our bodies that are easy sites for creating energy circuits. Our pelvic powerhouse is a primary one for transmitting sexual energy. The more that we learn to enhance this natural conduit, the stronger and more powerfully we'll be able to run energy through it.

Naturally, when we use your sounding breath, visualize the flow of energy and pulse your pelvic floor muscles to enhance the current of sexual energy.

Any of the pelvic movements that you practiced by yourself can also be done with a partner. Play with doing figure-8's, shimmies or rocking together.

### ***Playing Pelvic Ping-Pong***

*You can run erotic energy in many positions. To start with try this in a standing position. Stand facing each other. Have your feet comfortably apart, with your knees bent or unlocked. Look in each other's eyes and play with a Coordinated Breath to get in synch. Shimmy, rock or vibrate your hips together. Imagine that you are both firing up a big hot ball of energy in your pelvis. As you play with sending and receiving the pelvic energy, switch to a Complementary Breath.*

*In essence, one partner starts by sending the energy ball to the other, who catches it, then reverses roles and sends it back. The partners establish a rhythm of volleying the energy ball back and forth, trying to make it bigger, hotter and more delicious as you go. It looks like this: the sender begins by pulling their hips back and then thrusting them forward, with a soundful exhale. As you do so, imagine that glowing energy ball is firing out of your crotch. The other partner receives the energy ball, by allowing their hips to move back as they receive the thrust. Now the roles reverse and the one who's received the energy ball volleys it back.*

*Once you have the basic pattern down, then play with ways to enhance the energy circuit. To add oomph, use your pelvic floor muscles to increase the energy flow. Play with opening and closing your bottom as you send and receive the flow. Try out different sounds and notice what happens. Try doing it standing close together or farther apart. Try doing pelvic energy pong while lying down or in seated positions. Your hip motion will be smaller but the energy can flow profusely with use of imagery, breath, sound, and use of your pelvic floor muscles.*

## VISION

### Seeing Into the Other

For many people looking deeply into the eyes of another is dauntingly intimate. The eyes truly are the windows on the soul. It takes courage to fully show-up and stay present. Eye gazing provides us with an important opportunity. When people first fall in love one of the significant and unusual behaviors that we do is gaze into the eyes of the beloved. As couples weather time, one of the indicators of their duration is often how much they actually look into each other. If we use the lessons of the falling-in-love phase as guides for how to keep behaving to keep love alive and thriving, we'll remember to take the time to see into our partner and allow them to see into us.



### *Eye-gazing Galore*

*Get into a comfortable aligned position where you can easily look into the other's eyes. Make your gaze soft and relaxed. You can agree to both look into each other's non-dominant eye (usually the left). This is a great time to do a coordinated breathing practice. Just look and breathe and be.*

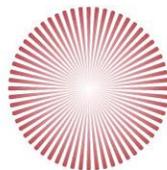
### **Integration: Circulating Ecstasy**

We can run circuits of powerful sexual and love energy with our partners. The classic points of connection are the eyes, ears, mouth (and breath, of course), palms of the hands, soles of the feet, and every one of the chakras. Anywhere along the spine often works. Of course, you can run energy anywhere, so don't feel constricted to these spots.

### *Playing Around: Exploring Energy Circuits*

*This is a game of discovery. Play it as a separate exercise as well as an ongoing sex game. Play around with each other and get some sexual energy going. Be in an aligned position and move into some Coordinated Breathing. Play with sound as you like. The energy will follow your visioning. Your breath, sound and movement will animate it. Now place your hands somewhere on your partner's body as they do to yours, probably on one or two of the common connection points. Using your toolkit, propel the energy by using breath, sound and vision to move it through your hands into your partner's body, while they imagine doing the same to you.*

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