

SkyDancing Tantra™ Practices



Lesson Handout

Awakening the Ecstatic Response: *Streaming, Butterfly, and Bonding Relaxation*

(These practices are based on Margot Anand's *Art of Sexual Ecstasy*)

The Streaming Process

Purpose: To help you to experience energy streaming through your body. To learn to identify and amplify inner sensations, and allow an involuntary, pleasurable vibration to expand through your whole body. To learn to trigger the Ecstatic Response in yourself.

Practice:

1. Start music. Stand with feet shoulder width apart, knees bent, back straight, and arms hanging loosely at your sides. Keep your jaw and belly relaxed, and breathe through your mouth.
2. Bend knees a little deeper to create a stress position around the knees, legs, and thigh muscles from which the first tremblings will arise. Keep the genital and anal muscles relaxed throughout the practice so that the streaming energy can move through your pelvis.
3. Rock slowly forward onto the balls of your feet, then rock back onto your heels, as if you are allowing yourself to fall backward, stopping yourself at the last minute. Hold yourself there, on the brink between standing and falling, as long as you can. "Listen" for a slight tremor that may be developing in the leg muscles from maintaining this position. Accentuate any movements that produce the most trembling sensations.
4. Visualize an image (standing naked in the snow, coming out of a cold ocean shaking water from your body, etc.) that would make you tremble, and voluntarily begin to tremble in your knees and legs.
5. As soon as you detect the slightest shaking, relax and breathe into it. Allow the trembling to spread to surrounding areas, creeping from your knees up into your thighs, through the genitals and waist.
6. Amplify the sensations, with movement, breath, and sound. Dance with your hips, jiggle your arms, or invite any movement that will induce streaming energy. Breathe deeper and make sound as you exhale. Intensify the rhythm and tempo of your vibrations. Like ripples in a pond, allow the sensations to spread through your body. Surrender control from your mind to your body, welcoming the experience of involuntary streaming. If you lose touch with the sensations, simply repeat the rocking motion until you rediscover them.
7. Imagine that your Inner Flute is a channel through which you can direct your energy like a current that flows between the two poles — the genitals and the brain — streaming continuously between them.
8. The Supporting partner may move around the Streaming partner, and encourage the movement of energy with their hands, not touching the partner's physical body, but inviting the flow in the energy body. Pay attention to areas where the energy may not be moving or is stuck, and encourage the movement non-verbally if possible. Remind your partner to keep the spine vertical, head level, and to breathe through the mouth.

The Butterfly

Purpose: To learn to surrender control while staying aroused. To learn to focus the streaming sensations in the pelvis and genitals, sharing your sexual feelings with your partner in an intimate way. To develop a bond of safety and trust with your partner, and move through feelings of guilt, shame, distrust, or embarrassment about sexual pleasure. To learn to surrender more deeply to yourself.

Practice:

1. After the Streaming Process, the Supporter helps the Receiver lie down in a comfortable way on their back with feet flat on the floor, knees bent, feet together.
2. The Supporter sits behind the receiver's head, with legs spread apart, so the receiver's head can be close to your body. Hold your partner's hands in a restful position.
3. Receiver:
 - a. Close your eyes, and relax your pelvis. Focus attention inside your body on the feelings from the Streaming Process.
 - b. Breathe through your mouth, exhaling slowly with a sigh or small sound, and let your thighs fall outward. Feel that you are opening yourself, giving yourself, showing yourself to your partner.
 - c. As your inhale slowly, bring your thighs back together, feeling that you are taking your energy back into yourself. Let your inhaling and exhaling be even and continuous, with no pause between them.
 - d. To encourage streaming in your pelvis and thighs, let your thighs fall outward gently and slowly but not completely. Stop them at a point just before full relaxation, maintaining a slight tension around your hip

- joints. You can also use the PC pump. As you feel energy beginning to stream, stimulate it further by focusing your breathing in that area and relaxing it.
- e. As you open your thighs, allow yourself to feel childlike, vulnerable, and open. This is a gesture of surrender, but it is also arousing and exciting.
4. **Supporter:** You are in charge, much like a parent with a small child – caring, supportive, attentive, loving. Your partner will be very vulnerable and will need your complete support at all times. Keep looking into your partner’s eyes throughout the exercise. You can also synchronize your breathing with your partner’s. Move from neutral support to warm encouragement by giving a loving smile or making sounds in harmony with your partner. Avoid speaking.
 5. **Receiver:**
 - a. When you are familiar with the movement of your thighs, opening on the exhale, closing on the inhale, open your eyes and look into your partner’s eyes. You may feel very vulnerable or exposed. See if you can accept whatever feelings arise. If there is fear or resistance, allow it, continuing the same movement and deepening your breathing.
 - b. Begin to say “Yes,” each time you exhale and open your thighs. Say nothing on the inhale. This simple yes expresses many things: “Yes, I am exposing myself to you; I am letting you in. Yes, this is my pleasure, my energy, my vibration. Yes, I am showing myself to you because I trust you. Yes, to my vulnerability. Yes, to my arousal. Yes, to my ecstasy.” Tune in to these feelings each time you say yes, opening your legs, and looking at your partner.
 - c. Continue like this for 10 minutes. You may feel like a baby, you may feel needy. Tears of gratitude may start to flow, or feelings of shame may well up from within. This exercise helps you experience all these emotions and helps you move through them.
 - d. Play with your “yes”. Find different sounds that express what you are going through – a soft whisper, a giggle, or a loud “yah.” Let the tones of your “yes” express all of the emotions you go through.
 - e. After 10 – 15 minutes, slow down the leg movement, bring your legs together, become still, close your eyes, and become aware of subtle vibrations deep within your body.
 6. After letting your partner rest for a few minutes, you may feel like placing one hand on your partner’s heart, and the other on the genital area, communicating non-verbally, “Thank you for what you have given me.”
 7. After a few minutes, the Supporter may lay down next to the Receiver for the Bonding Relaxation.

Bonding Relaxation

Purpose: To learn how to relax deeply and diffuse sexual energy throughout your bodies – a state in which one experiences a dissolution of boundaries between subject and object, knower and known. When lovers relax deeply together, a resonance effect, called entrainment, begins to take place between their energy fields that brings profound healing to both. When partners are bonded in deep relaxation, they can enjoy a long lasting, whole-body orgasm, that many regard as more deeply satisfying than genital climax. The Bonding Relaxation is a stepping stone to ecstasy.

Practice:

1. Choose a comfortable, soft place to lie together.
2. Play soft, relaxing music.
3. Enjoy the Bonding Relaxation for 20 – 30 minutes.
4. Lie close together in any comfortable position, such as: the spoon position with adequate support under your heads; the lighter partner lying on top of the heavier one; or, any other position of lying close while being relaxed.
5. Do not hesitate to adjust your position or to tell each other if you need to move during this exploration. Remember to make any movement slow and gentle.
6. Relax your body fully. Relax your face, especially around the eyes and mouth. Let the tongue float freely. As you exhale, release any need to think and analyze. Let thoughts dissolve.
7. Breathe in a relaxed, slow, and deep manner. You may want to harmonize your breathing rhythms, inhaling and exhaling together effortlessly. You may also want to explore inverted breathing, when one exhales, the other inhales simultaneously. Let this exploration become effortless.
8. Let any tensions, fears, resentments, or worries be released with your exhalation. No disappointment remains, no anger, no expectations. Your heart is simply open. Feel the relief, the tranquility. Feel yourself becoming lighter each time you exhale.
Enter the realm of feelings. Allow the music to flow through you.
9. The more sensitive and transparent you become, the more you begin to feel formless, entering a new reality where doing and not doing are one. As you feel the connection between your warmth, energy currents, and heartbeats, the boundaries between your bodies will begin to merge and dissolve.
10. Can your heart welcome your partner deeply and openly? Can your spirits connect? Can you flow together toward unknown realms of ecstasy? As you feel a yes arising in your heart, you move farther along the path to High Sex