

10 Beautiful tools for a more fulfilling Sex life!

Whenever people hear that I practice tantra, they want to talk about tantric sex.

Obviously sex fascinates most of us. And of course, it can be an awesome source of firing up your life energy, making you feel juicy and alive.

For me the longing for sex is actually a deeper longing to merge with the universe and feel the unity with the divine. I noticed that I long for great sex even more when I feel overwhelmed by my to-do's and I've lost my divine connection a bit. Sex can be a beautiful way to restore that connection.

I invite you to start using sex as a tool that raises your consciousness instead of using it as an escape or release of stress and tension.

I want to share 10 amazing tools with you that have transformed my sex life into a healing and satisfying experience on a deeper level.

I hope they contribute to a more fulfilling sex life for you as well.

I suggest implementing the steps slowly.

Play with one of them first for a while and when that one feels natural and easy to you, then try one of the other suggestions and so on.



1. Communication

* Have a juicy, open and vulnerable conversation about sex now and then:

Some examples of questions:

- When sex is good for you, what does it look like and sound like?
- When something isn't working for you, what does that look like and sound like?
- Tell me about a peak sexual experience you had. What made it so good for you?
- Without the expectation that we will go there, tell me about a hot fantasy of yours and why it's hot for you.
- What makes "routine" sex good for you? (e.g., when there's not a lot of time, when you're tired)



* Before you start your love making, share your present moment:

- How do you feel at the moment?
- What are you in the mood for today?
- How do you want to feel during sex? Afterward? (wanted, cherished, used, loved, owned... be specific)
- What would make the sex good for you?
- Is there anything you want me to know today that will help us to have more fun?

* Talk about your boundaries before you start touching each other. What is it you definitely don't want?
Talk about an easy way to express a 'no' during sex.
(Make sure condoms, oil, whatever you might need are within reach)

* Set an intention.

What is it you hope to experience/transform/ practice/ bring to the world in meeting each other?

This can also be a prayer.

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2. And then let go...

Don't make a plan or go into action. Surrender to what comes up in the moment. Relax your body, your face, your pelvic floor, your genitals and anus. Try to relax, just be together and feel where the energy is going. Where does your attention go? What pops up in your head that would feel great? Follow that flow of energy. Within the agreed boundaries of course. It can be soft, gentle, caressing, go wild all of a sudden and then flip over to a peaceful silence. (I even found myself lying together cosily eating chocolate -yes, the raw version of course ;-)- once instead of the wild sex I was expecting)



3. Eyes mirror your soul:

Make eye contact during love making. See if you can keep your eyes connected. Maybe even during orgasm?

I also love a technique called eye gazing before or at the start of love making: Stare in each other's left eye (or actually try to look at the spot 2 centimetres behind the left eye) while sitting opposite each other. Try not to blink. I will not spoil the effect by telling you my experiences here. Just try it yourself and see how it is for you.

Use soft vision in the eye gazing and also when you make love.

With a soft vision, you don't focus on one point but soften your eyes to a broader vision. You relax the muscles of your eyes and your face.

And then sometimes close your eyes a little while as well to look inwards, feel your own centre and notice what is happening inside.

4. Breathe, Move, Make sounds!

This has made so much difference to me and my lovers.
It transforms boring sex to an intense, exhilarating experience.
Take slow, deep breathes. You can play with breathing together in the same rhythm or in opposite rhythms: while one is breathing out, the other one is breathing in.
Keep breathing deep and slowly while your excitement level rises.
This is where we usually will breathe faster and more superficial.
Try to slow your breath down and deepen it.
Breathe into the touch, the sensation or the meeting of your bodies.

Move your body, stretch, let your body be moved by the energy.
Even if you don't feel it immediately, start moving and you will feel more energy flowing.
Relax your jaw, breathe through your mouth, let sounds come out.
Let the animal inside express itself.

5. Feel!

Just let your feelings come up, let them come out (cry, scream, laugh, ...) and let them pass again.
Use your breath to make space for them. Slow, deep breaths help.

Try to stay out of storytelling, just experience the sensation of the emotion.
This will help you release it in a beautiful way.

6. Touch.

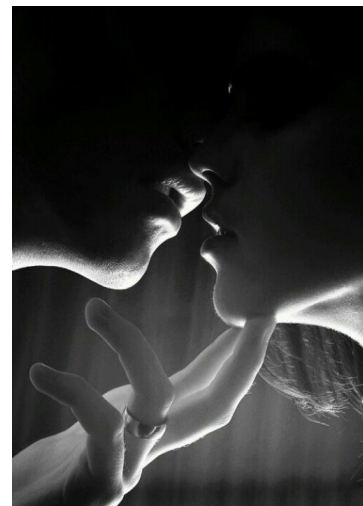
Try this:

Touch like it is the first and the last time you touch your beloved.

Turn your touch into a prayer, a worship and into love itself.

Let your hands become a sacred vessel.

Slowing down will help.





7. Poles of love

Do you know about the polarities and the poles of love?

Women have an outgoing energy in their hearts and incoming pole in their yoni's. Men's energy is outwards in their lingams and ingoing in the heart.

So you can imagine you can create a beautiful circle of light with this energy?

One partner breathes out of his/her genitals and the other one breathes the energy into his/her genitals, lifts it up to the heart and breathes it out of his/her hearth into the heart of the other one, who brings it down to the genitals and so on. You can create a beautiful circle of energy together.

These poles also make it clear why it is really important to include a lot of loving attention for her breasts and his penis into your lovemaking. Through caressing her breasts, (you caress her heart) and his penis a bigger flow of energy will be available to the both of you.

8. Penetration

Penetration can be a deep healing experience.

There are different ways to use penetration as a healing tool:

* You can plug-in together. Did you have a busy day, no energy for sex?

Just do a soft (no erection needed) plug-in from the lingam in the yoni.

That way you can connect in a beautiful way again to your body and to each other. It also brings more awareness and genital sensitivity. It helps to release (genital) trauma, blockages and pain points in a beautiful, gentle way.

* When you penetrate, let the cock and the cervix connect and kiss a little while before you do anything else. By doing that you build connection and trust.

Never start trusting into a woman immediately when you penetrate her. Give her vagina time to relax, adjust to your penis and build up longing for movement. The perfect time to start moving is when she starts begging you to move.

* Use your lingam to relax and stretch the yoni before you start moving faster.

Push slowly in different directions, hold still when it hurts, both breathing slowly and deep, so the pain can fade away. You can help release a lot of trauma in the yoni that way.

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9. Orgasms and Ejaculation

I try to orgasm without contraction.
I noticed I like it way better that way.
It helps me to stay open and energized instead of tired and like I had enough of it.

The contractions of a clitoral/ peak orgasm will affect the muscles in my pelvis in a negative way, by tensing up, causing pain, restriction in movement and getting number. This is the same for men when they have an orgasm with ejaculation where the prostate starts pumping.

I suggest you try for a while to avoid peak orgasm (the one with contractions), so you can feel the difference and have a choice.

So how to do that?

When you feel your orgasm building, relax!
Relax your whole body, including your face and genitals, practice not to squeeze your vagina or pelvic muscles, but to relax more.

Breathe! Keep in eye contact with your partner.
Stay with it. Agree to a stop word for the times you get too close to climax.

Ejaculation in women can happen with or without contraction, with or without energy loss.

If you want to try to ejaculate as a woman, it helps to imagine you push out a little of your vagina (without contracting the muscles).

In the beginning this can be a bit scary as it feels like you will start to pee. But you will not. Try it.

When you are aroused no pee will come out.

It could happen that you'll ejaculate though.

If you are not familiar with this it can feel the same as when you pee. A towel underneath can help you to relax into it. ;-)

Female ejaculation is different than experiencing an orgasm. It can be combined with an orgasm, but doesn't have to be. You might not even notice you are ejaculating. Too much ejaculating can cause dehydration and energy loss.

Use it wisely.



10. Sexual Energy

And then you end up with all of this energy that can drive you crazy, restless or make you feel like you can only think about more sex.

Instead try to use it for your daily life and purpose.
Use it to do projects that you couldn't get yourself to do before.
Some ideas:

- Clean up your house;
- Unclutter;
- Clean your windows;
- Repair the things you promised to fix years ago (your spouse will love you for it);
- Go and see your mother (in law);
- Start a garden;
- Plant some seeds;
- Turn boring administrative activities into juicy ones.

I'd love to hear what you've come up with!



And if you are interested in learning more:

Check out my website:

<http://www.mariellespronck.com/>

or my facebookpage:

<https://www.facebook.com/AvalancheBodywork>

for upcoming workshops and sessions.

Lots of love, Marielle