



Deep Gratitude to incredible visionary artist
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Ecstatic Union Ritual:

Sacred Sex as a Path to Heart-Healing and Bliss



Ecstatic union rituals can be a gateway to some of the most profound, blissful and expansive experiences in human life.

These sacred union rituals can catalyze tremendous deepening in intimacy, beautifully cathartic healing, and greatly increase the ability to experience pleasure.

By cultivating ecstatic energy together with your beloved in this way, it is possible to experience heightened sensation, deeper arousal and to have the embodied experience of merging with a Divine energy far greater than ourselves.

Step 1: Ritual Preparation

Set aside a minimum of two-three hours or longer for the ritual. Preferably done in the evening, sleeping overnight together afterwards to integrate, with no need to go anywhere first thing in the morning. One of the most beautiful aspects of this ritual is to completely drop away from any thoughts about time or being anywhere other than 100% present in the moment.

Choose an aesthetically pleasing and sensually comfortable setting for the ritual, preferably somewhere where there is a high enough level of sound-privacy that you can allow yourselves to be totally liberated in the volume of your pleasure sounds.

Step 2: Set your Sacred Space

Candles, incense, roses and a bowl of rose petals, fireplace is nice if possible, gentle meditation music playing (such as *Shamanic Dream* by 'Anugama'). Set up an altar table with the following: Tibetan bowl or bells to open and close the ritual, jar of organic coconut oil, a sage stick to clear and bless the space, raw chocolates and berries to feed your beloved, sacred oil for anointing: *frankincense, sandalwood or rose*.

Enter into sacred space together by saging one another. Then anoint each of your beloved's chakras with one of the 'holy oils' listed above. As you anoint each chakra, visualize it gently opening.

Step 3: Prayer and Invocation

You can each offer a simple prayer in whatever wording feels true for your heart, such as:

"I give so much thanks for this sacred and beloved being seated in front of me, whom I adore so deeply. I invoke Divine Grace and guidance to merge with us in this heart-felt ritual, attuning us to the highest frequency of love possible. We dedicate the beauty and bliss of this practice to all beings. Blessed Be"

Step 4: Practice 'Circular Breathing' Together

Eye gaze together for several minutes while visualizing a circular loop of breath, going up through the woman's yoni ('yoni' is the Sanskrit word for vagina) and up through the center of her body, out the top of her head, into the top of her beloved's head, down through the center of his body, through his lingham ('lingham' is the Sanskrit word for penis) and back into her body.

Step 5: Giving and Receiving

Choose which partner will be the receiver in this ritual. It is preferable to alternate the roles of giver and receiver in two separate rituals, so that each partner can have the opportunity to deeply relax, let go, receive, and fully surrender into the pleasure.

Step 6: Full Body Tantric Massage

Begin giving your beloved a full body massage from head to toe, using a generous quantity of organic coconut oil. You may also partially or fully disrobe at this time and tease them with your body, waiting to the very end to begin the *lingham* massage/*yoni* massage. For more inspiration about techniques for genital massage, an excellent resource is the videos of tantra teacher 'Jaiya'. Here is one to check out online: www.youtube.com/watch?v=HRSH6fw40HY

Step 7: Heart-Felt Devotion, Healing Vibrations and Sacred Mantras

Tune into the deepest space of your heart's devotion for the ultimate sacredness of life and the feeling of gratitude for the blessing of having this beloved in your life. With this sincere heart-felt devotion, slowly begin worshiping their *yoni/lingham* like it is the physical embodiment of *the Divine*. If you feel moved, you can begin by (verbally or silently) chanting a mantra, devotional song or loving affirmation, with the intention of sending those healing energies into your beloved's genital area, dissolving any stored tension or trauma.

Here are two ancient traditional mantras for the *Sacred Feminine* and *Sacred Masculine*:

Yoni Mantra: *Maha idam yoni kavacham rahasyam paramaadh-bhutam*

(translation: *I reverently bow before the source of the supreme Sacred Feminine life-force*)

Lingham Mantra: *Tat pranamami sadasiva lingham*

(translation: *I reverently bow before source of the supreme Sacred Masculine life-force*)

If you choose to, you may intone the mantra with your mouth directly over your lover's yoni or lingham, allowing the healing vibrations to penetrate into the body, and alternating with tender kisses.

Step 8: Emotional Release and Deepening Intimacy

The practices in this ritual are very healing and may sometimes bring up tender feelings and catalyze 'crygasmic' emotional release. When we create a safe space for these emotions to be expressed and support our beloved to relax completely into their hearts, the benefits of this alchemy will be experienced deeply by both partners. This is the time to completely let go of attachment to looking a certain way or being any other way than *completely present* in the moment for whatever comes up for you, gazing into your partners loving and supportive eyes to ground yourself.

Let the energy move and the healing tears flow. Let it be messy. The surge of bliss chemicals that ensues after such a profound release will create a palpable energy shift of healing and deepening, which will be shared energetically through each of your bodies and this magic is more precious than gold to the soul.

Step 9: Additional Ritual Elements Inspired by Traditional Tantric 'Puja' Ceremonies

Yoni and Lingham Pujas (rituals of adoration and devotion) have been practiced esoterically in India for thousands of years, as a profound path to embodied experiences of merging with the Divine. Here are a few examples of puja elements to include in your ritual. Use your imagination, be creative, and definitely make the ritual your own by adding in your unique offerings and gifts.

Begin gently showering your lover with rose petals, then offer a lit candle before them, circling it around their face with reverence and love. You may pour libations of your choosing over the yoni/lingham: some examples are edible oils, mango juice, rosewater etc , rinsing with warm water after each offering.

You can complete this section of the ritual by offering a full prostration before your beloved.

Step 10: Ascending to the Peak Together

You may now choose to go back into more massage or other forms of adoring your partner's body with your hands and mouth. You can explore further genital massage, oral lovemaking, or toning mantras into your partners yoni/lingham if you feel called to. Allow this stage of pleasuring and adoration to linger for as long as possible without penetration, building a series of alternating peaks of high arousal and gentle relaxation.

Step 11: Merging with the Beloved

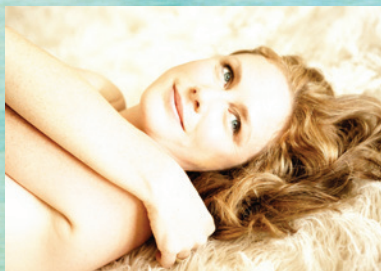
By this time, the heightened intimacy, relaxation and pleasure will be such that you will be begging your beloved to merge with you in ecstatic union. This is the time to really celebrate the blissful energy with groans, screams and squeals of delight as loud as you like! By sharing the beautiful gift of sound, you are raising the octave of bliss to a higher level and you will both feel it.



Enjoy! And may the benefits of your ecstatic union contribute to raising the vibration of love and healing on earth!

~Blessed Be~

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