

SkyDancing Tantra™ Practices



Lesson Handout

Opening the Inner Flute

PC Pump, Sexual Breathing, & Pelvic Rocking

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

"The key to High Sex is to open the Inner Flute – a pathway from our sex center to our brain. Music played on the single instrument of the genitals expands effortlessly into a symphony in which the whole body becomes involved. Opening the Inner Flute will not take anything away from the styles of lovemaking you enjoy. It will enhance them."

–Margot Anand

Purpose:

To access and expand our life force energy through our body's energy centers to create higher states of awareness and ecstasy. To amplify arousal and redistribute sexual energy and orgasmic sensations throughout the entire body. To learn to maintain and enhance high states of sexual arousal with a relaxed body, peaceful mind, and open heart.

Opening the Inner Flute

Opening the Inner Flute connects our body's energy centers, or Chakras, to create a free flow of ecstasy through our entire body. Chakras are centers or vortexes of energy, that draw energy from the atmosphere into the organism, where it is metabolized and distributed through the body down to the cellular level. You don't have to believe in Chakras to benefit from these practices. Simply observe your own experience, using visualization and your own intuition to guide you to where energy is present.

Benefits:

- Sexual energy becomes subtle, refined, meditative, and exquisite.
- Open an inner pathway to channel and distribute energy through each energy centers.
- These exercises tone muscles, oxygenate the brain, revitalize the endocrine system, expand the capacity for orgasmic sensations, celebrate an alive vital body... and they are also fun!
- Women can heighten sexual pleasure and expand orgasmic sensations.
- Men can create stronger erections, greater staying power, and the ability to spread pleasurable sensation beyond their genitals.

3 Keys to Enhancing Ecstatic Energy

1. Breath
2. Movement
3. Sound

.... and also visualization and creativity.

For the following three practices, lie comfortably on your back with your eyes closed. Use an eye pillow to help the eyes and face relax.

Practice 1: The PC Pump

Strengthening and controlling the PC muscle (pubococcygeus) is the first and very important exercise in learning to channel sexual energy. During orgasm, the PC muscle rhythmically contracts and expands at split second intervals. The PC Pump exercises will strengthen the PC muscle and give it more tone and vitality.

PC Pump Benefits

- Learn to expand orgasmic sensations, as well as condition the pelvic muscles for sexual activity and sending sexual energy up the Inner Flute.
- Men can stimulate the flow of blood to penis, enhancing their ability to stay erect and their capacity to feel pleasure.
- Women are able to increase and expand erotic sensations throughout their body.

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PC Pump Practice

1. **Pulsing:** Tighten and relax in quick, short pulsations. Do 20-30 repetitions, two or three times. Try to isolate the PC muscle (the ones you use to stop the flow of urine) from the anus/rectal muscles.
2. **Pumping:** Inhale and contract the PC muscle, hold for 6 seconds, then exhale and relax the muscles while gently bearing down. Do 10-20 repetitions, two or three times.
3. Practice both pulsing and pumping daily. You can do them in your car, at work, at home, on the toilet, in bed... anywhere you want.

Practice 2: Sexual Breathing

Sexual Breathing amplifies sexual sensations and spreads them through the body, bringing aliveness, awareness, and pleasure to areas that formerly lacked sensitivity.

Sexual Breathing Practice

1. Pucker your lips like sucking through a large straw. Inhale gently and deeply through the mouth. Then relax your lips, and let the air flow out.
2. Combine Sexual Breathing with the PC Pump:
 - a) Inhale, and contract the PC muscle
 - b) Exhale, and relax the PC muscle. Use natural breathing.
 - c) Feel the sensations as they spread through the entire pelvis.
3.
 - a) Inhale, and imagine you are sucking air into your body through your root Chakra/sexual energy center, entering the Inner Flute, and moving up through your body.
 - b) Exhale, and visualize the air flowing back down the Inner Flute and out through your root.
 - c) Use the sweep of your hands, if helpful, to guide the direction of the breath.
4. Enhance pleasurable sensations in the genital area through your breathing and PC muscle contractions.

Practice 3: Pelvic Rocking

Pelvic Rocking loosens the muscular attachments between sacrum and hip bones. Combined with the PC Pump and Sexual Breathing, this is a powerful way to Open the Inner Flute and transform raw sexual energy into ecstatic energy traveling up through the energy centers to the whole body.

Pelvic Rocking Practice

1. Rhythmically rotate the pelvis back and forth, while keeping the chest still. As you quicken the pace, allow your movement to enhance pleasurable feelings. Enjoy these sensations. Relax and be playful.
2. Inhale and rock the pelvis back. Exhale, and rock the pelvis forward.
3. Expand sensations by beginning Sexual Breathing. Pucker your lips like sucking through a straw. Inhale through your root Chakra, drawing energy in and up the Inner Flute, as you rotate the pelvis back. Exhale, drawing energy down the Inner Flute, and out through your root/sexual energy center.
4. Make a sound or sigh with the exhalation, like "Aaah." Relax and let go as you make the sound. Use Breath, Movement, and Sound to stimulate the pleasurable sensations in your pelvis and genitals.
5. Add the PC Pump: Inhale through your root Chakra, drawing energy in and up the Inner Flute as you rotate the pelvis back, contract the PC muscle. Exhale down through the Inner Flute, through your root, rotate pelvis forward, and relax the PC muscle. Allow the pleasurable sensations and arousal to spread through the entire body.

Repeat the preceding three practices, sitting comfortably on a cushion with legs tucked back or folded, your spine vertical, your belly relaxed, and eyes closed.