

2. BREATHE

In this exercise partners will lay together in the spoon position. Female in front. In Tantra the woman is the “Shakti” and the male is the “Shiva.” The Shiva is in charge of creating a safe space for his Shiva and the Shiva is in charge of the pace.

So, the Shakti will begin to breathe loud enough for her Shiva to hear. Shiva will then coordinate his breathing with hers. Spend about 15-20 minutes with this exercise. This can be done just before you go to sleep or can be used to connect and be on the same wavelength before a sexual time.

Again, this is not a timed event. Keep it about breathing-not touching. Take as much time as you like. This exercise increases emotional intimacy and is not meant to be physical intimacy or sexual. It also nurtures trust in your relationship.

This exercise helps both partners to “trust” the other cares enough to just BE together. The partner cares about you enough to notice your breathing and breathe with you.

Just BE together, close out the world for a few moments and sink into each other.