

Introduction

Good artists are skilled, but *great* artists convey an immense depth of feeling through their expertise. The same goes for the art of sex. A good lover knows how to make the body sing. But a great lover, a *superior* lover, evokes a vast choir of bliss.

A good orgasm is satisfying, but a great orgasm can be a revelation of your deepest being, unfolding the bright truth of who you are in ecstatic communion with your lover. Sex can be a way of magnifying love's light through every cell, shining beyond fear, melding your hearts in the infinite radiance of being. Sex can be *enlightened*—or not.

Most of us bring our problems to bed with us: the tension from a stressful day, our past history of sexual failure, our need to be reassured that we are loved. As we bring light to every aspect of our sexuality, these kinds of difficulties are used to reflect our next place of opening, physically, emotionally, and spiritually. Every quandary is illuminated and unfolded by love's radiant presence. Every tussle is seen with wide-open eyes, embraced, accepted, and understood to be a potential doorway to the true desires of our soul.

The Enlightened Sex Manual shows how to transform the often willynilly flow of stimulated genital energy into a profound depth of feeling, openness, and embodied ecstasy. Sexual energy can fill your body with light, blow your mind with bliss, and melt all difference in an endless love that radiates as one heart. When sexual energy emanates from its spiritual source, your cells are enlivened and your spirit rejuvenated by the same force that might otherwise have been thrown off in more trivial shivers and shakes. When you meld sexual intensity with open-hearted depth, your bliss grows spontaneously, fertilized by the forces of your fears, hopes, and anxieties.

You can allow the light of your soul to shine through the sexual play of your body, as long as you know how to deal with the habits that would otherwise prevent your enlightened loving. The practices presented in this book allow you to develop your sexual skills as gifts of spiritual rapture.

Part I describes how to circulate your internal energy so deep relaxation, delightful sensuality, and open-hearted loving can infuse your lovemaking with joy. Part II focuses on ways for men and women to enjoy multiple, whole-body orgasms that serve as remembrances of your deepest and most effortless bliss of being. Part III presents a range of techniques to enhance the fullness of sexual pleasure and spiritual openness. Part IV offers more advanced practices for those readers who wish to continue growing in their sexual capacities.

The practices in this book are presented for all partners in all relationships: men and women, gay and straight. At times, we will talk in terms of "masculine energy" and "feminine energy," which partners of either sex can choose to offer—perhaps even taking turns—to work with the polarities of attraction in both same-sex and opposite-sex relationships. At other times, we will illustrate specific techniques using examples that involve a man and a woman. But as you read, you will be able to experiment, modify, and apply the practices to your own sexual situation.

When you are ready to put down the book and practice the art of enlightened sex, the accompanying CD will guide you with exercises to be done alone or with a partner, whatever your sexual orientation. Reading about how to share your heart's light is the first step; by following along with the exercises on the CD, you actually begin walking the path of the superior lover, cultivating unbearable pleasure to heal past wounds, surrendering open as love's unbound radiance.

Through our parents, we are each born from the light of sex. We fulfill our birth by trusting the light that gave us form, that sustains us, and in which we all blissfully vanish. For decades, my teachers passed the skills of enlightened sex on to me; now this knowledge is in your hands.