



# EPIC LOVERS

A PLAYFUL GUIDE FOR COUPLES

by LAYLA MARTIN



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## INTRODUCTION

My favorite moment of leading a live couples' Epic Sex session is at the end when I get up to leave the room.

It isn't because my clients are intolerable.

It's because I'm not a 'talking' expert when it comes to sex—I'm action-oriented. So by the time I'm about to leave a session, 90% of the couples are exchanging a hot love glance and magnetizing right into each other's arms.

The energy right before great sex happens is palpable. It's the equivalent of lightning right before a storm breaks. And, yes, I get a big thrill out of it.

There is a science to creating intimacy and sexual passion regularly.

But since our culture has a misguided idea that sex should just "happen" and that you don't need to work on it because it's supposed to "come naturally," most of us never use the science of sexual mastery to our full advantage.

This is like expecting fitness to just happen. It's natural to be fit and healthy, but you know it isn't just gonna "happen." To be fit and healthy and full of energy takes commitment to developing and maintaining a strong body and mind.

Sex is the same, especially in a long-term relationship. **It takes commitment, dedication, and skill to experience fabulous sexual health in the bedroom.**

That's what I'm going to offer you in this book: the inspiration to stay dedicated, and the practices and tools to use with your lover to cultivate some mad sexual skills.

However, in working with so many couples I've noticed a pattern, and something you might already be thinking...

**"Damn, that sounds like a lot of work!!!"**

No one really wants to work on sex because that sounds like, well...a lot of work for something that is supposed to be fun.

So I've broken down epic sexuality into six exciting components that will inspire you to awaken your sexual capacity and explore new edges of pleasure together.

**Experiencing Epic Sex is based on exploring six types of sex. Each will provide a different yet essential flavor to your lovemaking.**

# IN THIS BOOK, YOU'LL EXPERIENCE...

## **SENSATIONAL SEX**

by enhancing your explosive sexual sensitivity

## **ELECTRIC SEX**

by learning to create sexual electricity and passionate chemistry using your breath and sexual turn-on

## **WILD SEX**

by ridding yourself of sexual blockages and embracing your impulsive, instinctive, and primal sexuality

## **TANTRIC SEX**

by using basic rituals, meditations, and esoteric knowledge to experience the fascinating world of sacred sex

## **KINKY SEX**

by bringing power play, edginess, and fantasy into the bedroom and experiencing the rush of pushing boundaries and exploring taboos

## **ENLIGHTENED SEX**

by letting go of control and embracing polarities in the bedroom to bring one another to your intimate, erotic, and soulful edges



## ARE YOU READY TO BE AN EPIC LOVER?

Most of us approach sex as a habit. And like any habit, if you do it over and over again with little change, it's gonna get boring.

I'm here to encourage you to approach sex as a dynamic space in which to explore your edges, your fears, and your greatness, and as a place to give your full attention and love.

When you approach sex like this, it becomes an adventure and your lover is a partner in this exquisite co-creation – it doesn't get boring, it becomes more exciting the more advanced you get.

But it doesn't work just by encouraging you, you need concrete tools to apply in order to make this work.

It can take a bit of dedication to apply these tools. That's why Epic Sex isn't for the faint of heart or the lovers of comfort.

It's for the courageous, awakened, and bold lovers who are not satisfied with the gray zone of predictability, but who are willing to actively seek potently meaningful relationships, profound experiences of the heart, and extraordinary lives.

If this sounds like you — or something you are at least willing to give a shot — then this guide's for you.



## WHO AM I TO TALK?

I've built an incredibly successful career in creating expansively epic sexual pleasure for my clients.

I first got started in the human sexuality field out of necessity because I was a miserable and vindictive girlfriend. People tended to dump me, and I wanted to find out why.

I kept studying because I fell in love with the exploration of sexuality and the supersonic states of beauty that were possible through sex.

Also: I wanted to be happy. It's true that you've got to have your own happiness going on with or without a romantic partnership,

but if you don't know how to make sex and intimacy work in the long run, that's a huge barrier to having a richly happy life.

My early sexual experiences were largely fueled by insecurity and alcohol. They were pleasurable, but I kind of knew that something was missing.

I also had huge intimacy issues. The first time a boyfriend asked me to look into his eyes during sex I was like, "What in the hell are you talking about? Don't be weird...."

Then, in my mid-20s I wound up at a Tantra school in Thailand run by a bunch of militant Romanians. (Yeah, it's true. I thought, "What else am I doing with my life??")

And I got to experiment sexually in fabulous ways with my boyfriend at the time.

I found that sex could be healing, that it could be epic, that it could be used to fuel a powerful and meaningful long-term relationship.

I stopped feeling weird about intimacy and started loving the kind of vulnerability that can come with having massive orgasms with a beloved partner.

I will never forget the first time I experienced deep sex.

Sensations flooded my arms and hands, my body trembled with so much pleasure, and it felt like I was drenched in love. Orgasm

took on a totally new dimension. It wasn't just a brief spark of intense pleasure—it was like a joyride on a roller coaster of endless ecstasy....

I went on a mission the following years to absorb absolutely everything I could about sex.

And what I found was that you don't have to be a hardcore Tantric practitioner to enjoy much deeper sex. You don't necessarily have to be spiritual or buy into any theories about reality.

And if you are a man reading this, thinking that those kinds of expansive sexual experiences are just for women, you should think again.

We have a cultural myth that men's sexuality is simple while women's is complex.

Male sexuality can be simple in its functionality and ease of orgasm, but when a man really starts to develop his sexual capacity, he too is capable of orgasms that last an hour and can experience pleasure that make the brief explosion of a regular ejaculation pale in comparison.

Because I understand how deliciously fulfilling it is to rock long-lasting epic orgasmic experiences with a beloved partner, my current mission is to bring this wisdom to as many couples as possible.

I've helped couples who have been married for twenty years discover a delicious sexual chemistry they didn't even know they had.

I've seen couples who are totally worn thin with children and family life find their romantic and sexual spark again through this work.

And I often work with brand-new couples who are so excited about growing together sexually that they use these tools to create a next-level sex life and relationship for themselves.

I've seen women who are severely blocked by trauma learn to heal with their partners in order to find an even more powerful and fulfilling orgasm than they've ever experienced before.

And if you're the type who likes your ebook author to have credentials, then I want you to know that I started my first studies in the sexual field at Stanford University as an undergraduate before moving to Southeast Asia to study with Tantric masters for seven years.

I've shared these powerful teachings with over 125 million people through my YouTube channel and weekly email audience, expanding their capacity for incredible sexual pleasure. My work has been featured in places like the Huffington Post, Refinery29, Playboy, and Women's Health Magazine.

But I think what really matters is that I'm damn effective at what I do. ;)

# WHAT DO I MEAN BY EPIC SEX?

You can loosely categorize sex in the following ways: terrible, average, good, awesome, and epic. I thought it would be way more fun to learn about this with a handy Sex-O-Meter Graphic (you can thank me later!)

## **TERRIBLE SEX**

One or both partners do NOT really want to be there. Totally disconnected and largely emotionless. Jackhammer sex with little pleasure or an anti-climactic buzzkill. You'd both like to forget it ASAP.

## **AVERAGE SEX**

One or both partners is lost in sexual fantasy about someone or something else. Orgasm is a brief experience. Going through the motions. Not particularly memorable or moving.

## **GOOD SEX**

You communicate and look into each other's eyes. There is a feeling of comfort and connection, maybe a few moments of something new and exciting. Nice experience of pleasure and relaxation.

## **AWESOME SEX**

It can be slow or wild or romantic or primal, but it's sensational and hot. You're both feeling the chemistry; you don't want to stop. Experiences of pleasure that move you deeply. A sense of attraction, desire, and going over an edge.

## **EPIC SEX**

The wildest natural high you can get. You experience outstanding sensory stimulation, overwhelming love, and profoundly altered states of consciousness in addition to extended orgasmic pleasure. You tap into parts of yourself way beyond your everyday personality. It never stops because you never really forget it, and the after-effects of elevated mood and intimacy last for days.

Now let me be really clear that even great relationships with fabulous sexual chemistry will experience all of these types of sex at least some of the time. I still have the occasional terrible sex with my partner. This isn't about never having bad sex, it's about empowering yourself to create as much awesome and epic sex as possible.

That's been my general trend in using these tools. I used to have a lot of average sex most of the time, and now I have awesome and epic sex most of the time. In this book, I'm going to give you an easy-to-understand roadmap of what it takes to build epic sexual experiences as a couple and amazingly powerful yet simple exercises to put into practice.

I've broken down each of the 6 Epic Sex sections into 'For Him' and 'For Her' for your convenience, but feel free to read both.

**So let's get started...**

**SENSATIONAL**



**SEX**

All extraordinary sex is sensational, meaning you feel lots of different sensations in your body while you're having sex. This might seem obvious, but when you think about having better sex, you might think about trying different positions or playing out a fantasy—but do you ever think of making yourself more sensitive to sensations inside of your body?

**Think about it:** during "bad" sex, you feel nothing or are almost numb and disconnected. During great sex, you feel outrageous sensations. Oftentimes, we rely on sexual chemistry to sensitize us, but that usually only works in the very beginning of a relationship. In long-term partnerships, it's really important to stay sensitized in order to keep sex feeling amazing.

Spending time before sex re-awakening your five senses, getting exquisitely tuned in to how you feel, can make the difference between forgettable and life-changing sexual experiences. I'm going to share with you some of the things that keep you from feeling deep sensation, then a practice to do with your lover that will increase your sexual sensitivity.



## SENSATIONAL SEX FOR HIM

When men speak to me about how they rate themselves sexually, it usually comes down to performance. Did you last long enough? Were you hard enough? Did she come several times, or at all?

Rarely do they talk about how deeply they experienced sex for themselves.

It can be easy to forget in our sex-crazed society that a woman doesn't want a well-tuned sex machine—she wants a highly present man who is fully with her and feels both her and himself during sex.

However, due to the pressure that men put on themselves, and that some women put on them, the focus can become about having an erection at the right time and making sure everything goes according to plan rather than the inner experience of sex. While that formula might make you a good lover, it certainly won't make you a legendary lover.

Most women hate feeling like there is an agenda to be fulfilled during sex. And while we love your rock-hard erection and ability to last for hours, we'd much rather feel the aliveness of you being fully present for both you and us.

A disconnected man who can fuck for a long time isn't any woman's dream. A man who can embody power, strength, and sensational sensitivity and fuck in a fully present and embodied way? Pretty much every woman desires that.

What does it mean to be present and embodied? The best indicator is that you can feel the sensations in your own body while you are making love. It might feel so when you are coming, or when things are really hot—but what about the rest of the time?

Can you feel your body even when you're not fully feeling the passion, or stay tuned in to her rather than drift off into a fantasy?

Are you tuned in to how things feel during foreplay, during your first penetration, during the whole experience? Or are you gaming for orgasm and trying to rush through the sensations to get to the goal?

You may feel that if you tune in and really feel, your body isn't going to do what it is supposed to. It might feel "unmanly" to experience deep sexual sensitivity. And yet, when you do, your

capacity to show up with courage, strength, and awareness in all aspects of life grows as well. A man feels like a man to women when he is present in his own body.

Feeling sexual sensations is a practice like any other skill. If you decide you want to be good at it, spend some time each day focusing on it. You will definitely start to master it.

This may sound like something soft and sensitive and girly (I know my partner sometimes rolls his eyes when I recommend that we work on our sexual sensitivity), but the levels of pleasure he feels make him grateful every time. For practical ways to expand your sexual sensitivity, I've included the practices of Sandboxing and Penis Massage. You can learn step-by-step instructions in the sections below.

## **WHAT ABOUT HER SENSITIVITY?**

I can tell you that 99% of women are extremely self-conscious during sex. They worry they won't feel enough, or that they'll feel too much. They worry about how they look, feel, smell, and taste. They worry about being slutty enough to mesmerize you but sweet enough not to be judged as a whore.

Most women stress out about taking too long, not orgasming, not being pretty or thin enough—and then they also stress out

about freaking you out if they are wildly uninhibited in bed or display the full force of their pleasure.

Many women have experienced some level of sexual shaming; many have experienced sexual trauma or abuse. They can feel the depth of sadness or contraction from that experience coming up during sex.

All of that really adds up to blocking a woman's natural sensitivity.

Being sensitive to her sexual sensations is the biggest factor in allowing her to have loads of sexual pleasure. It may not matter what you "do" to her, but how much you can allow her to feel. Most women have been culturally trained not to feel their vaginas, their bodies or their desires.

The biggest way is to make her feel safe emotionally. I don't mean a promise of marriage, I mean making her feel safe to feel whatever she is feeling. Sex for most women is an emotional roller coaster. They may burst into tears, get extremely wrathful, want to shut down in fear, go deep into passion or even have a sublime spiritual experience. This may seem like unnecessary feminine drama to you, but that kind of access to her own feelings is the doorway to her life-changing orgasms. As long as she's worried about how she's doing or how she looks or whether you're going to be able to handle her emotions, she's not going there.

Being the kind of man that invites a woman to step into her full sexuality is the kind of man that women talk about for the rest of their lives.

The biggest piece of this is letting her know it's okay: it's okay to cry, it's okay to shut down, it's okay to freak out, it's okay to have a massive orgasm one day and not feel anything the next.

This isn't something you can fake. It's a skill that you develop over time by continually upping your game and becoming more comfortable with her emotional expressions, especially in the bedroom.

The second way is to give her the space she needs to relax and feel. That's the practical aspect of this, and I'm sharing two great practices: Sandboxing, which you can learn below, and Pussy Massage, which is covered later in this book.

If you regularly suggest and offer these practices, she's going to start to blossom, and you're going to be having way more epic sex.



## SENSATIONAL SEX FOR HER

Every woman has a wildly deep feminine sexuality; it is every man's desire, whether he knows it or not, to make love to her while she's connected to that state. Any man worth sleeping with craves a woman's fully unleashed sexual vulnerability and power. And every woman, deep down, craves to unleash that power with a man she desires.

Yet so many women struggle to even feel or express themselves at all during sex.

### Why??

I'll be frank here: 3000 years of feminine sexual repression, abuse, shaming, guilt, and fear handed down through culture and religion has weighed mighty heavy on our ability to let go sexually. Not one of us women has emerged unscathed.

Sexual insecurity, self-doubt, harsh inner-judgment, and lack of libido are seen as "normal" female issues. They aren't.

To feel deeply, to get past all of that residue, to allow yourself your full feminine sexuality—it takes courage, willingness, and deep compassion.

And it is totally possible.

The number one way to get to that unleashed state is by learning to feel. Getting really aware of your vagina, your breasts, and your belly and fully feeling during sex is a matter of practice and courage.

Often, your deeply held emotions and sexual repression make it really hard to just relax during sex. Instead you spend time thinking, worrying, and stressing about how you look or whether you are going to orgasm.

Having Sensational Sex is about getting out of that trap and really feeling the sexual sensations happening in your body. Not worrying about them, judging them, or criticizing them, but committing to a safe sexual space for your body to re-awaken.

That means if you want to cry, cry. If you're feeling numb today, it's okay. If you aren't going to orgasm, just keep feeling what you're feeling. If you have outrageous lust and desire, then feel that too.

You can't control how you're going to feel. You can only feel.

Building trust with your partner is super important for this. You've

got to trust that he can be with a fully sexual woman.

Starting where you're at in your relationship is important. If you've never really talked about sex with your partner before, then basic communication about it is a great start.

If you talk about sex but have never expressed your fears and desires, then now is a great time to start.

I'm going to be sharing with you excellent practices you can do as a couple to build sensitivity and trust together in the bedroom.

## **WHAT ABOUT HIS SENSITIVITY?**

Oh wow. If there is one major complaint I hear from women about a male lover, it's that he's insensitive or disconnected.

Most men just don't even realize that years of habitual masturbating and fantasizing has resulted in being numbed to their full sexual sensitivity.

Telling them about it usually doesn't help. A man usually needs to experience for himself that the new way is better before he will ditch the old way.

Asking him to feel like you do during sex is definitely not going to work either. So what can you do?

Masterfully start to offer him regular sexual experiences that make him understand the value of slowing down and being really in tune with his sensations.



## **SENSATIONAL SEX EXPERIENCE: SANDBOXING**

First, why is this exercise called 'sandboxing'?

Because you get to be kids again, playing freely and trying out new things... discovering what you both like and what you don't. This experience is going to give you the space you need to just explore one another's bodies. Try touching new places you've never really touched before. Try new stroking patterns with different parts of your hands or tongue and let your partner just feel, without pressuring them to feel any specific thing.

One of the big blocks to feeling sensational sexuality is the high expectation and pressure to always deliver. Once you stop worrying about having to feel a certain way or having a certain response to your partner's touch, a new world of sensitivity is revealed.

This experience will also open up the way that you communicate during sex. Sharing your sensations and experiences with your

partner helps encourage them to try new things and feel more connected to you.

You can try this exercise with all different parts of the body, but for this example you'll be using your hands on your partner's pelvic area to start off.

To get started, you'll need:

A timer, lube (coconut oil will also work), clean hands and nails, a blindfold, some sensational tools like a feather, a faux-fur glove, a mini-leather whip or other creative objects, and great music playing in the background.

## THE STEPS FOR SANDBOXING

**Step 1:** Choose who will go first. The recipient will lie down. Blindfold them and invite them to feel each and every sensation as if for the very first time. Sit between their legs facing their head or alongside their body to reach different parts.

**Step 2:** Set the timer for 20 minutes.

**Step 3:** Warm your hands and begin to stroke your partner's body with lots of attention. You can start by oiling their body, stroking them in different ways, and using the different tools to create different sensations. Always start with softer pressure and ask "Would you like it harder?" before you try anything more intense.

**Step 4:** Start to explore their body...

If the recipient is a man, be sure to explore and touch his:

perineum, testicles, inner thighs, groin, stomach, frenulum, shaft and any other place you think he'd enjoy.

Try these movements:

Long, slow strokes

Short, faster strokes

Deep pressure

Slow circles with four of your fingers

Using your fingers lightly

Using both thumbs to stroke firmly

Using the palms of your hands to stroke

Pulling on his testicles

If the recipient is a woman, be sure to explore and touch her:

inner thighs, belly, perineum, vaginal opening, inner vaginal lips,

outer vaginal lips, clitoris, pelvis

Try these movements:

Long, slow strokes

Shorter, faster strokes

Placing hands firmly on her body

Making circles with your fingertips

Holding her vaginal lips between two fingers and stroking up and down

Stroking up and down with your thumbs along her groin and below her vaginal opening

Placing your whole palm over her clitoris and doing small vertical or circular motions

Get creative! You can try anything; get live feedback from your

partner. The most important thing is to just allow them to feel. If you are the recipient, your only responsibility is to feel each sensation. Keep your mind laser-focused on the sensations. Ask for more or less intensity, pressure or speed as you desire.

**Step 5:** Afterwards, take a few minutes to share what you experienced, what you felt, and what you loved about the session.

If you have sex after Sandboxing, you will notice a very enhanced sexual sensitivity.

## **TROUBLESHOOTING:**

If your partner isn't requesting changes in pressure, speed or touch, check in with him or her asking yes/no questions. Would you like me to press harder? Does it feel good when I touch you there? Would you like me to touch you slower?

If your partner isn't responsive and you are wondering how it feels, definitely ask them: Does this feel good right now?

If you don't feel much at all, that's totally okay. Sometimes when you start this practice up, your body will feel dull or desensitized. As you continue working with Sandboxing, you'll feel more and more.

**WILD**



**SEX**

What's the first thing that hooks us in a relationship?

**Wild Sex.**

What's the first thing to go in a long-term relationship?

**Wild Sex.**

Who wants a life without wild sex??

Far too many of us settle for routine, everyday

or even boring sex. It's taken as a given that this is something that "just happens" in marriages and long-term relationships, especially after kids.

**I say:** Wild Sex should be a top priority in everyone's life. You can have it years or decades into your relationship, but you have to be dedicated to keeping the wild, uninhibited nature of your attraction alive.

How is that possible?

Read on below for practices that you can do as a couple to keep the headboards bangin'.



## **WILD SEX FOR HIM**

You know deep down inside that you want to fuck her wildly while she screams in ecstasy. You want her begging for more and swearing to all of her friends that you are an absolute Sex God that she cannot live without.

**So—why are you not having Wild Sex?**

One of the biggest issues is that women HATE being fucked hard by a disconnected man. Not one of us loves to be pounded when you are absent, fantasizing or trying to make up for the fact that you're kind of not feeling all that much to begin with.

**That's not Wild Sex, that's just bad sex.**

A number of women have experienced that, and it feels horrible. So they think they are turned off to Wild Sex, even though deep down inside they are craving it.

So if you've got a resistant lady, what can you do?

Make sure that you can fuck really powerfully and not check

out. If you catch yourself fantasizing or being in your own world without feeling her, she's going to feel that and she'll hate you for it. She'll go numb.

Are you there, in the moment, with yourself and with her? If you are, then it's going to be amazing.

If you're not, then slow down, re-connect, and start building up the excitement again, only going to the edge of where you can still be totally present.

She'll be able to feel that in you, and she'll trust it. Then she'll open up, becoming deep and wild herself.

The other major thing that can come up is feeling like you don't want to hurt her or that you don't do that to "nice girls."

If your partner is your wife or long-term girlfriend, you might start to think of her as needing to be cared for and loved—not the type of woman to be fucked over the edge into oblivion.

The truth is, while every woman deserves amazing Wild Sex, it's actually the wives and mothers and "nice girls" who probably need it the most. Regular Wild Sex is an essential component to a woman's happiness, health, and sense of sanity. I might garner some pushback for saying so, but getting deeply fucked by an emotionally present partner is pretty much one of the best things around.

Don't sell your lady short by assuming she can't be a lovely, wonderful woman while also loving to go totally wild in the bedroom with you.

**She can.**

You can find out ways to allow her to do so in the exercise at the end of this section.



## WILD SEX FOR HER

Isn't it strange that one of our deepest desires as women—to let go fully with abandon into our sexual experiences—is also one of the most judged, shamed and criticized expressions in society?

To fully let go is scary and challenging enough because it is vulnerable to be so open. But now you've got loads of cultural, religious, and social beliefs around your sexuality that are negative and unhelpful.

To truly be a wild woman sexually is an act of freedom, and it actually takes a huge amount of self-love to get there.

I don't mean putting on a show or doing "out-there" things just for shock value. I mean tapping into that huge well of sexual desire inside you and rolling with it—completely, with no holds barred, leaving nothing on the table.

That takes courage. But it's also a profound source of fulfillment. A huge piece of getting sexually wild has to do with your voice.

Not just making sexual sounds, but fully unleashing the authentic sound within you.

When you make sexual sounds, check yourself—are they coming from your lower belly and pelvis? You may have experienced a "silencing"—a profound message that your voice isn't worthy and doesn't matter. Learning to really vocalize sexually can help you not only tap into your wild side, but fully unleash your voice in the world.

The 2 biggest components of dropping into wildness are breath and free movement. Deep, slow, full breathing helps you get out of your mind and into the authentic sexual impulses of your body. The Wild Sex practice can help you do that.



## WILD SEX EXPERIENCE: ANIMAL PLAY

These exercises might seem a little funny at first, but they get you out of your everyday routine. Think about it: it's the exhaustion, the routine, the habit, and the familiarity with your partner that kills wild sexuality.

Stepping just a little out of your comfort zone will change your mindset. It might seem like Wild Sex is a distant goal, but the reality is that it's often just a tiny shift that is needed to get you in the right frame of mind.

In this exercise, you are going to do three things to get there.

**Step 1:** Each take turns asking each other the following question: What are your wildest desires? Let them speak for a full 5 minutes without interruption. Don't have a conversation. Just listen. At the end of the 5 minutes, switch and have your partner ask you the same question: What are your wildest desires?

## **Step 2:** Do some chaotic breathing

Lie down on the bed and breathe fully, deeply, and wildly into your penis or vulva for a full 5 minutes. You can make sounds if you like. If this sounds crazy, just trust me on this one. Set your phone timer and breathe like a motherf\*\*\*er! You'll thank me later.

## **Step 3:** Go into animal mode

For a full 5 minutes, inhabit your animal nature and go nuts wrestling, biting, clawing. If this sounds silly, it is. Sex isn't supposed to be so damn serious. Give it a try!

## **Step 4:** Go make wild love

## **TROUBLESHOOTING:**

If this feels too crazy or weird, it may be because you've gotten really uptight about sex. It's time to let go.

You can fake this until you make it.

Just dive into it. Don't take it too seriously, and have some fun!

You may start cracking up, but keep going.

# ELECTRIC



# SEX

You know it's good when it crackles—your whole body is alive and the chemistry is electric.

This happens so easily when you're falling in love. But how do you keep that electricity alive, even after years and/or babies together?

There is a science of activating electric chemistry within your body during sex. If you and your partner regularly tap into these electric sexual practices, you'll feel empowered to light up your chemistry when you want it on fire.



## ELECTRIC SEX FOR HIM

The simplest way to explain sexual electricity is to say that you take the intensity of sensation that you feel on the head of your penis and you spread it throughout your whole body.

Instead of sex being a localized experience, each cell becomes electric with desire and pleasure. The two best ways to create sexual electricity are through breath and the conscious redistribution of sexual sensations throughout your body.

If you breathe full and deep into your lower belly and penis throughout sex, you'll not only last a lot longer, but you'll feel much more total sexual electricity. When you train yourself to move sexual sensations from your penis with your mind and breath, you have entered the next level.

I'm going to share with you a very simple way to experience this kind of sexual electricity with your partner at the end of this section.



## ELECTRIC SEX FOR HER

One of the massive shifts you can make in your sexual power and pleasure is to stop feeling like orgasm comes from your partner.

You are the one who creates and explodes your own sexual potential and pleasure and if you regularly practice this, you can do it with or without a skilled partner.

Getting used to turning on your own sexual electricity is hugely empowering. It will make you less concerned with how he's doing, and much more in touch with yourself.

How do you do that? Breath is one of the most important components. Breathe deep and full into your lower belly and your vagina during sex, and your pleasure will become very full-bodied. You can also start to move your sexual energy throughout your body.

Anchor your awareness into your sexual sensations. This is like a meditation on your pussy. If you find yourself thinking about

things or drifting off, keep bringing your focus back to the sensations in your vagina.

When you start to feel turned on, actively breathe into the turned-on feeling. Don't let it build up just in the bulb of your clitoris, move it through your whole body again and again.

It's easier to practice this while you are receiving a Pussy Massage from your lover. It allows you to focus on deep breathing and the movement of your sexual energy, without the pressure of intercourse.

So, if this is something new to you, give it a go first in the exercises below.



## ELECTRIC SEX EXPERIENCE: PENIS AND PUSSY MASSAGE

If I could have you do just one technique, this would be it.

It takes all of the foundations of Epic Sex and rolls them into one easy-to-learn tool that you can practice regularly as a couple.

I'll tell you how to give a great Pussy or Penis Massage in a second, but first I want to give you some background on why this is such an essential practice.

### **All great sex involves:**

- Feeling sensations
- Relaxing
- Taking the pressure off and feeling your present-moment pleasure
- Knowing how to get really turned on together
- Expressing a variety of emotions and other sexual expressions

- Letting go of blockages and just letting go in general
- Connecting to your partner
- Communication

A great Pussy and Penis Massage can accomplish all of this in one go.



# PUSSY MASSAGE

## THE STEPS TO GIVE A BASIC PUSSY MASSAGE

1. Set up the room. Make sure it's warm enough or that there are blankets. Prepare lube or oil, light some candles (obvious but eternally effective), put on some great sensual yet mellow music.
2. Set your partner up in a comfortable massage position. Lying down with a pillow under her head and one under her lower back if she needs the extra support.
3. Sit between her legs and take a moment to really look at her vagina and tell her why it's beautiful (something about the specific shape, color, texture). But mean it.
4. During the massage, ask her to breathe full and deep into her pelvis. If you notice that she stops breathing deeply, encourage her to resume.
5. Use an unscented vagina-friendly oil, like coconut or sesame, or lube, and warm it between your hands. Apply it onto her pelvis, vaginal lips, and clitoral area.

6. Start by making really slow, long strokes from her perineum to her pelvis above her clitoris and back with your whole hand. The slower the better.
7. Gently stroke the outer lips with the pads of your thumbs, stroking from the bottom to the top and back again. You can take her outer vaginal lips between your index finger and thumb and slowly and delicately stroke them from top to bottom.
8. Slowly massage the entire outer vagina. Spend time at the clitoris, making slow circles around it.
9. Spend time massaging lightly around the entrance to her vagina. Don't penetrate the vagina, just do light circles right at the entrance.
10. Stroke her perineum with one thumb going in slow clockwise circles. (The perineum is the space between her anus and the opening of her vagina.)
11. To finish, place one hand under her sacrum (the triangular bone in her pelvis). You can ask her to lift up so you can reach under and hold her here. Then place your other hand on her whole vulva and press firmly but gently while resting the other hand lightly on top of her pelvis. Hold here for at least two minutes before letting go.
12. Give her some space to relax and feel. After that, you can cuddle or kiss and talk about your favorite moments of the experience.

13. If you are receiving the Pussy Massage, this is a great time to practice deep breathing into your pelvis for the entire experience. You can also start to use your breath to loop your turn-on throughout your body. As you start to get turned on, breathe and circulate the sensations throughout your body periodically.

### **TROUBLESHOOTING:**

Slow, slow, slow and steady. Most women will respond very well if you go very slowly during this whole process.

Hold space for anything - don't try to push her to have an orgasm. Let her cry, scream, be numb, let go, have an orgasm... whatever she does naturally is just perfect.

Focus on being really present with her body. Do what seems pleasurable, but do it with the intention of relaxing and opening her body and sexuality.

If any trauma or tears come up, let her express herself. One of the biggest problems happens when a woman shuts down and she's "pushed open" by her partner in an attempt to heal her.

The best way to heal trauma is to allow her to express her "NO." Let her kick, or scream, or slam her legs shut. Allowing her body to express its desire to protect itself or set boundaries is the healthiest thing you can do.

If you start feeling self-conscious, ask her to tell you how it feels and whether she likes something or not. Don't be afraid to ask

yes/no questions like "Do you want me to press harder? Do you like this circular motion? Does it feel pleasurable when I touch you there? Do you want me to go slower?" This is the best way to gain confidence in your skills.

The first time can feel scary, but you'll feel like an absolute Sex God once you get the hang of giving an awesome Pussy Massage.



# PENIS MASSAGE

## THE STEPS TO GIVE A BASIC PENIS MASSAGE

1. Get lube or coconut oil ready. Set up the room. If he likes a certain mood or music, then put it on. You don't need candles and music if it weirds him out. Prepare a pillow to sit on for comfort and have tissues on hand for clean-up.
2. Let him know that you are going to massage him and that there is no pressure to have a hard-on or to orgasm or even feel pleasure. You're just going to relax him and allow him to feel or experience new sensations.
3. Warm up your hands with the oil or lube and begin to massage his inner thighs. Make long, deep strokes along his groin. You can pull his penis in all different directions to stretch the muscles and release any tension.
4. Encourage him to breathe slowly and fully into his pelvis,

and if you notice that he stops doing so, encourage him to resume.

5. Take turns rolling your thumbs underneath his perineum, one after the other.

6. Hold his penis in one hand and begin to stroke it from the bottom to the top with both hands fully grasping it.

7. Use your fingers to stroke up and down on the shaft of his penis.

8. Practice the "ice cream cone" - curl your palm around his penis like a regular hand job and stroke from the bottom to the top of the shaft. Right as you get to the head of the penis, twist your palm as though removing a bottle cap from a twist-off bottle top. If you want to see this in action, you can check out my Vlog [here](#), where I demonstrate on a cucumber.

9. Feel into whether you just want to place your hands on his penis and stop there, or whether you want to move into stroking him fully for maximum pleasure to orgasm.

## TROUBLESHOOTING:

Most men experience a lot of pressure to "perform" sexually—to have an erection, to please their partner, and to ejaculate at just the right time.

Some men have internalized cultural messages about their cocks—that they are disconnected from their hearts and minds, that they can be dangerous, that they are there to "take" something from a woman. A lot of men have a great relationship with their cocks. And sometimes it's a mix of both.

Penis Massage allows a man to just experience his cock without any pressure to have a hard-on or feel any specific kind of pleasure.

As the giver, you also get the time to explore and really love up on his penis during this time in a different way. It's great to re-sensitize the penis to different types of touch and sensitivity.

This works best if you sit between your partner's legs. I like to sit with my legs crossed and place his legs over my knees for greatest comfort, but do what works for you.

If this is a brand-new concept to him, say, "Hey I've just read a book with an awesome suggestion about how I might be able to give you more pleasure. It's called a Penis Massage and I'd love to try it with you."



## LOVERS TIP: WHY MOST COUPLES DON'T HAVE EPIC SEX

It's usually one of two things.

They don't even know it's possible or worth it and stay with comfortable sexual experiences. Part of this is that you almost never see Epic Sex—not even in movies or porn. You won't hear many people talking about it because almost no one is having it.

It might also be because you've experienced trauma or negative messages about sex that keep you disconnected and shut down.

Women have more trauma and negative messages about sex in general and struggle with shame, insecurities, and numbness.

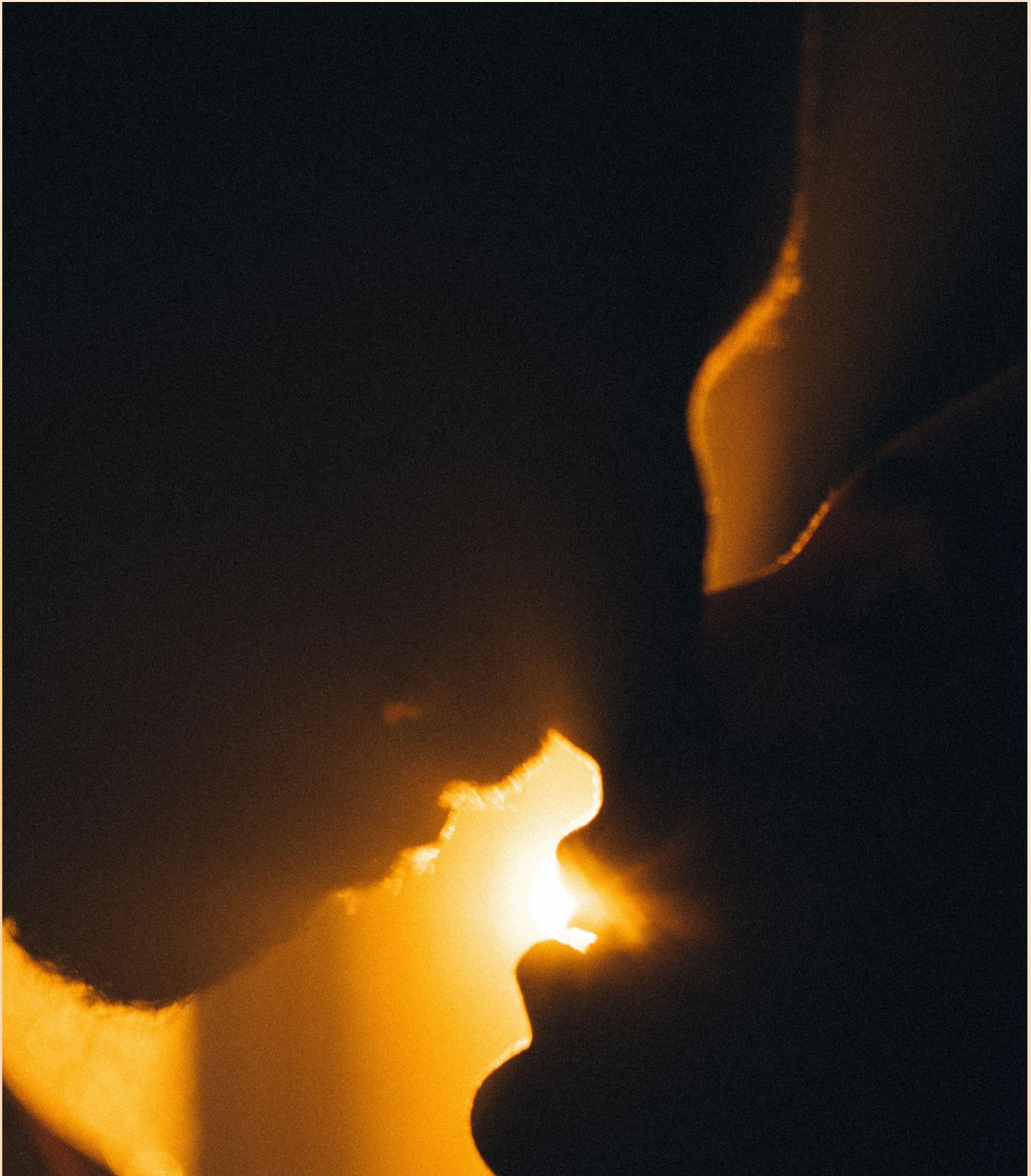
However, I've found that many men also get deeply shut down due to sex being a high-pressure environment in which they constantly need to have an erection, last long enough, give her several orgasms, slow down, speed up, and be the best she's ever had.

Long-term exposure to pornography also takes away from the ability to experience real-life sex with the same intensity and pleasure. I think porn is fine in occasional doses, say a couple times a month, but daily use over years actually rewires the brain and makes your deepest sexual capacity harder to reach.

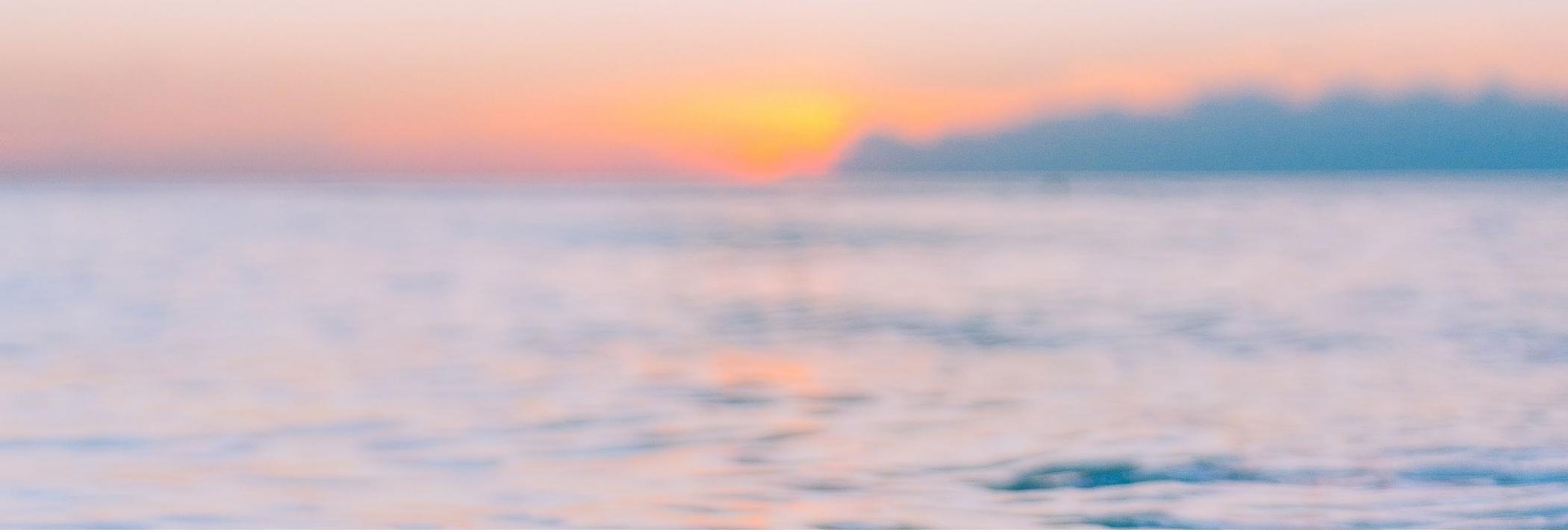
Many of the most conscious, sexually developed men I know have taken porn detoxes and realized that it's completely changed how they experience sex for the better. Many men have also experienced some form of sexual trauma, and our culture can be very disparaging of masculine sexuality in general, making it seem predatory and scary.

So both men and women face their own inner blockages towards a regular experience of Epic Sex. Part of sexual mastery is learning about your partner's unique blockages, helping them release those blockages, and moving into greater sexual freedom.

**TANTRIC**



**SEX**



## TANTRIC SEX EXPERIENCE

Tantra is something that is hard to describe if you haven't experienced it. It is like trying to explain music to someone who has never heard it.

You could talk about instruments, song lyrics, and music theory, but it wouldn't even come close...

Regular sex is like a capella. Tantric sex is like your favorite track on the highest-quality headphones at sunrise on an exotic beach.

That's the best I can do until you experience it for yourself, and this section is about helping you get there.

One of the big blocks to Tantra is the idea that it's super complicated or too much hard work.

You may not be ready to kiss a guru's feet or chant Sanskrit mantras just yet (or you may be—I was!) but understanding some of this vast spiritual science can really elevate your sex life.

Tantra is about spiritual awakening, and it addresses many, many things about life and enlightenment.

**It is not just about sex.**

However, because the Tantrics embraced sex as a huge source of pleasure and life and wisdom, the Tantric tradition left behind a huge body of teachings about how to make sex super amazing.

Many of the tools are simple and easy to do even in an urban setting. I'll be sharing some of them with you below.



## TANTRIC SEX FOR HIM

The first stage of Tantric sex for a man is to use sexual practices to extend and deepen the amount of pleasure that you feel during sex. Once you get good at using Tantric tools in the bedroom, the orgasmic pleasure you can feel without ejaculation will make the orgasms you once felt only with ejaculation look like child's play.

By learning to control your breath, your sexual energy, and your ejaculation, you reach a sexual dimension that is much more powerful and fulfilling not only for you, but also for your partner.

The simplest way I can explain these tools is like this:

**Breath:** Breathe deep and full into your lower belly, pelvis, and your cock. (I know this is biologically impossible, but breathe as though it is possible; you will feel a big difference.) This will slow down your sympathetic response cycle for sex and put you into a deep parasympathetic mode, making pleasure ascend more slowly and deeply rather than rapidly. When pleasure ascends

slowly and deeply, you are more able to experience orgasm without ejaculation, in addition to opening up the possibility for full-body orgasms.

**Move your sexual energy:** Instead of letting sensation build up only in your cock, move it with your breath and your awareness throughout your body. At first, just moving it at all is great. Then you can start cycling it up the back of your spine and down the front of your body.

Next, there are a bunch of advanced energy tools that produce incredible results once you use them. Moving sexual energy is something you have to try for yourself to really understand, but it basically means that the intense sexual feelings you feel on the head of your penis can happen elsewhere in your body. Once you start experiencing that kind of pleasure in other parts of your body, your brain becomes activated in a different way, priming you for the next levels of Tantra.

Most of us let sex happen in our genitals and leave it at that. If it ain't broke, why fix it?

Because, says Tantra, there is a world of awesomeness when you free that pleasure from your genitals and move it throughout your body.

If you aren't sure what sexual energy is, think of it like sexual sensation in motion. You know what a sexual sensation feels like: it's usually tingly and warm and expansive. When it moves, there

is an altogether different but similar sensation, which you can think of as sexual energy.

If you leave sexual energy just in your penis, your pleasure and orgasm can only spread so far. It's the difference between feeling orgasmic pleasure on the head of your penis, and feeling each cell in your body pulsing with orgasmic intensity.

You can use your mind or your breath to gently disperse the build-up of sexual sensation out of your penis and move it throughout your body.

At first it might feel like your orgasms are less intense. But over time, as your system adjusts, you'll discover a massive wellspring of orgasmic pleasure much, much greater than what happens with only genital sensation.

This is where most people stop. But for Tantra, this is just the beginning.

In deeper levels of Tantra, you begin to use your sexual experiences to heal wounds from the past and to release places where you've been conditioned out of your authentic expression.

Sex becomes a way to abandon the methods you use to hide and bullshit, and to become more able to express yourself fully.

After that, you can begin to use your sexual energy to tap into

deep layers of your psyche, awakening amazing archetypes and feelings.

Tantric sex can actually start to feel like an LSD trip—it's sensory, visual, meaningful, and wild in an indescribable way. It has the power to change your perspective permanently.

Ultimately, you can use Tantra to understand the nature of reality.

But, that's a ways down the road. This is just a doorway into Tantra, but I'm really in love with this tradition and wanted to let you know what is possible.

If you're curious to try it out with your partner, then read the Tantric Sex Experience at the end of this section. If you're ready to go even deeper into Tantra together, find all the details for my exclusive couples program, [The Tantric Mastermind for Couples, here](#).



## TANTRIC SEX FOR HER

The biggest shift in Tantric Sex is that your body is literally worshipped as sacred.

Your pleasure, your orgasms, your beauty, and your whole sexual experience are sacred.

It turns a lot of the sexual bullshit out there on its head.

Tantra has a wide array of tools. It's a very profound path that can take you all the way to enlightenment.

Even the most basic application of Tantric practices can vastly deepen and enhance your sexual experience. Most lovers tell me that once they've had a Tantric woman, the sex is so amazing that there is basically no turning back.

# THE MOST BASIC STEPS OF TANTRA FOR A WOMAN ARE:

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## **1. LET GO OF THE GOAL**

You may have to get your partner on board with this if they are the pushy type when it comes to having an orgasm during sex. Basically, you want to start feeling each pleasure sensation in your body as an orgasm. There is no future orgasm to go for; there is only the pleasure right now inside your body. Let go of the judgment that it might not be enough or go where you want it to, and just drop your awareness completely into your pleasure. The idea isn't to become less orgasmic—it's to become more orgasmic by focusing on what you are really feeling in your body in the moment.

## **2. TOTAL SELF-LOVE**

I know this sounds basic and not fancy or esoteric, but I have to tell you that no matter what you do, if you don't have a foundation of self-love, it will never feel fulfilling or bring lasting happiness. Self-love is like personal fitness. You have to do it regularly. Every day, ideally. It isn't necessarily easy, but the more you do it, the easier it gets. When you're out of shape, it's going to feel hard and challenging to go to the gym after months of sitting on your ass. Self-love includes loving your body, your personality, your choices, and your emotions. It's really a huge thing, but if you spend time every day focusing on it, it's available to any woman.

Also, being a Goddess is a big part of Tantra. Goddess is a word that gets thrown around a lot. I'm not sure if there are actual Goddesses up in the clouds or in the trees. I'm not sure if natural forces personified are the Goddess. What I do know for sure is that if you start practicing with Tantric tools and regarding yourself as a Goddess, truly amazing and incredible feelings will start to surge through your body.

I'm not sure what it all means, but I can tell you that regular Goddess practices open your body up to a world of blissful, ecstatic, and sublime inner experiences.

**Life is short. Why not?**



## TANTRIC SEX EXPERIENCE: TANTRIC SOUL-BREATHING SEX

This experience deeply connects you while having sex. Think of it like sacred sex.

When you breathe together and focus on the best in your partner, a kind of spectacular intimacy opens up.

You'll feel both exquisitely sensitized and personally powerful - a delicious mix for sex.

### THE STEPS FOR TANTRIC SOUL-BREATHING SEX

**Step 1:** Start to turn each other on by kissing, touching or by any of your regular foreplay, but make sure you are doing it in a very conscious and present way.

**Step 2:** Have one partner sit in the other partner's lap. Usually this is the woman sitting in the man's lap in a heterosexual

relationship, but you can do any variation you like. In same-sex relationships, it makes sense for the lighter partner to sit on the heavier partner's lap. You are going to sit in the Yab-Yum position as shown below. If this is uncomfortable for the partner underneath, use as many pillows as you need, or you can straighten your legs in front of you.

**Step 3:** Start to have sex in the Yab-Yum position. As you do this, place your mouth near your partner's ear. Begin to breathe in and out together with the partner sitting on top setting the rhythm of the breath. Breathe together for a few minutes.

**Step 4:** As you breathe, begin to feel the very best in your partner. Everyone has a different word or concept for the deepest, most alive, and most powerful part of a person. You might call it God/Goddess/Divine Masculine/Divine Feminine/Truth/Self/ Source. It doesn't matter what you call it: this practice is about focusing on that part of your partner. Don't see them as their everyday personality, see them in their greatness. You can feel the aliveness within them or the light in their eyes.

**Step 5:** Continue to have sex in any position you like, but keep your awareness on this deeper and more amazing part of your partner. It's a true joy to make love with a man who can truly feel the Goddess in you. It's amazing to make love with a woman who can feel the God in you. This isn't about some new-age bullshit—it's about recognizing and being willing to relate to the most

powerful and awesome part of your partner. It's about looking beyond their masks and their stories and their personality into the deeper part of them. Making love in this way is super potent and it's a gateway to higher experiences of Tantric Sex.

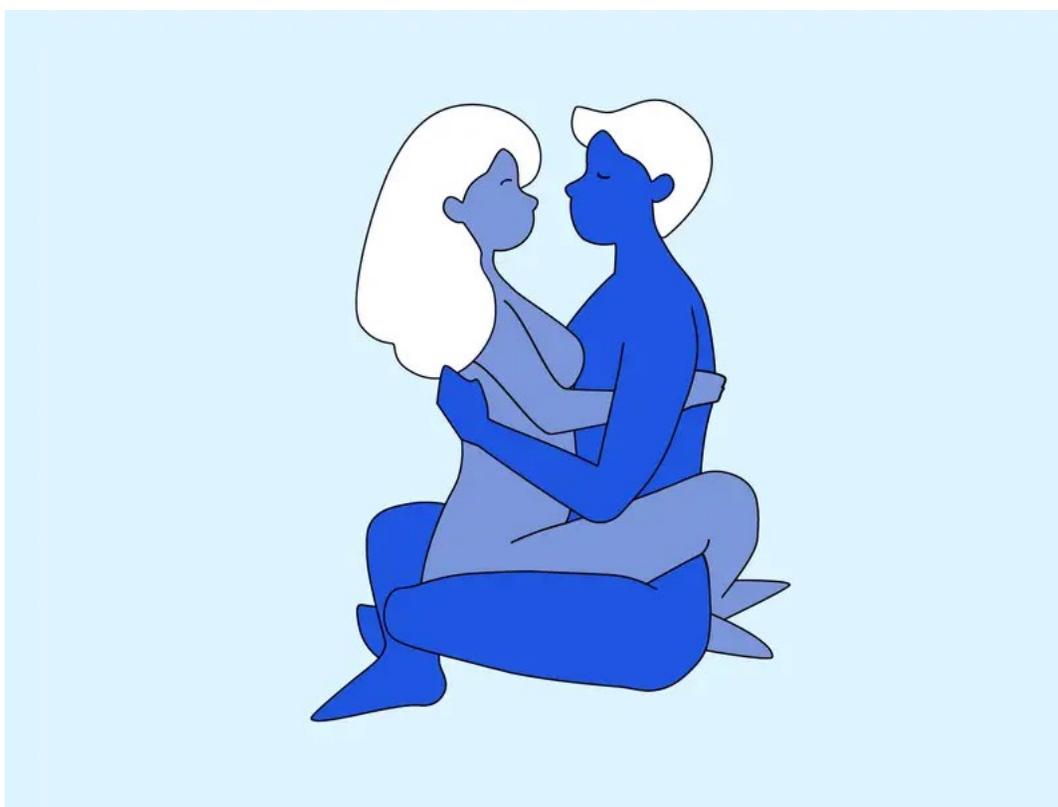
### **TROUBLESHOOTING:**

Don't get too in your head about "seeing the best in your partner" - just feel into it and let it happen.

Don't try too hard to breathe together, just let it happen naturally - the rising and falling of breath. If it feels challenging, just relax and focus on your connection.

If you are addicted to feeling unworthy during sex or fantasizing to get turned on, this exercise might be particularly challenging - in that case, it's perfect for you!

### **Example: Yab-Yum**



**KINKY**



**SEX**

You know that deliciously naughty, partners-in-crime vibe you can get when you get away with something with someone else?

That's something you can get from exploring Kinky Sex together.

What's kinky is really a matter of personal taste. Some people need a dungeon and a ball-gag to feel kinky, while other people just need a little spanking.

Testing your personal edge is what kinky is about.

Another huge aspect of kinky is about the psychological aspect of sex—playing with power, roles, dominance and submission, pain and pleasure, restriction and rules.

Some people are more turned on by that than others, but everyone's relationship can stand to benefit from exploration in this realm.



## KINKY SEX FOR HIM

Do you desire to totally dominate your partner, opening her into total submission to your will?

Do you desire to be totally dominated into submission by your partner? Do you desire both?

Do you fantasize about creating scenes and playing out roles together? Have you wanted to push your sexual taboos in a safe, yet exciting way? Are you able to share these desires with your partner and then execute them together?

Most men have plenty of fantasies and sexual things they'd love to explore, but in most relationships this potential lies dormant.

**The three places this potential stops are:**

- Being able to communicate this to your partner
- Her willingness to engage
- Your ability to set up the space and time to play

If you're not communicating these desires with your partner,

it's usually out of fear that she will reject or judge you. Getting over this requires a pre-discussion to find out if she's willing to hear you out, and whether she has the emotional maturity and desire to listen to your desires. If she does, then start with the discussion in the Kinky Sex Experience below to get the ball rolling.

If she doesn't, you may need to address that in therapy together or look into whether you are content being with a partner who is unwilling to explore and honor your sexual desires. If neither of you are really itching to experience Kinky Sex, then it's not a big deal.

If she is unwilling or uninterested, then it makes sense to find out why. Maybe she's scared or doesn't trust you; maybe it's just not her thing. However, most women can find at least a neutral willingness to engage in kinky play with you. If it's fear or trust that she's dealing with, see if you can start with a very gentle edge and build trust together as a couple.

It can actually be healing for a lot of women to explore sexual edges in a very safe, non-judgmental way. The key is to go slowly, at her pace.

If you aren't willing to set up the time or space but you have a genuine desire to explore Kinky Sex, you might ask yourself if there are some deep fears or trust issues in yourself.

See if you can look into this with your lover and find out what might be holding you back.

One of the big keys of Kinky Sex is a willingness to communicate, plan, and execute. It's not only a great process for Kinky Sex, but for making great sex happen in general.

You can also notice where you are strong and bring that strength into your sexuality, your love, and your greater relationship.

If you really want to master being dominant and opening your partner into more sexy kinky experiences, there are two major things you want to develop.

### **1. Being trustworthy**

She's got to trust you, and she'll trust you if you trust yourself. Know yourself and trust your decisions, your gut, and where you are taking the both of you. Being a safe person means knowing your own desires while honoring her boundaries and what is best for her. If you are subtly trying to manipulate her, get something from her, or push her beyond a healthy edge, she'll feel it. She'll either refuse to go there with you, or engage with you in an unhealthy way that she'll later regret.

If you aren't trustworthy, teaching you how to be is beyond the scope of this book, but I can say that having the intention is the first step. Meditating, being authentic, practicing integrity, and engaging with other men and women who will support you in being real and trustworthy will get you there.

## 2. Knowing how to open her to going to a new edge, but not push her over

Ahhh...one of the great masculine skills. If you know how to take your lover right to the edge of her pleasure, her love, her openness, her spirituality, her sadness, her limitations, her fears, her sense of self, her orgasm... and use your consciousness, your body, and your heart to push her just a little bit so she can open more deeply... what a skill!! Any woman is lucky to be in the bedroom with you.

If, however, you push and push with an agenda...she'll feel that and either dissociate, start to fake it or completely shut down. Game over.

Mastering this is also a matter of intention and a willingness to learn. Sensing her emotions, her body, and the moment with mastery is a lifetime process of learning, but it is honestly one of the absolute sexiest qualities in a masculine lover.

If you desire to surrender completely and awaken the dominance of your lover, this is also a huge gift to her. After so many generations of women being told to be submissive and passive, getting to play the dominatrix can allow her to fully own her desires and her power sexually.

One of the great expressions of personal power is to be who you are and do what you want. Stepping into that kind of sexual

freedom, especially if it challenges your sense of manhood or identity, is amazing for building your ability to expand personally and professionally in your life.



## KINKY SEX FOR HER

One of the things I love about exploring Kinky Sex is that it allows me to fully step into aspects of my sexual self.

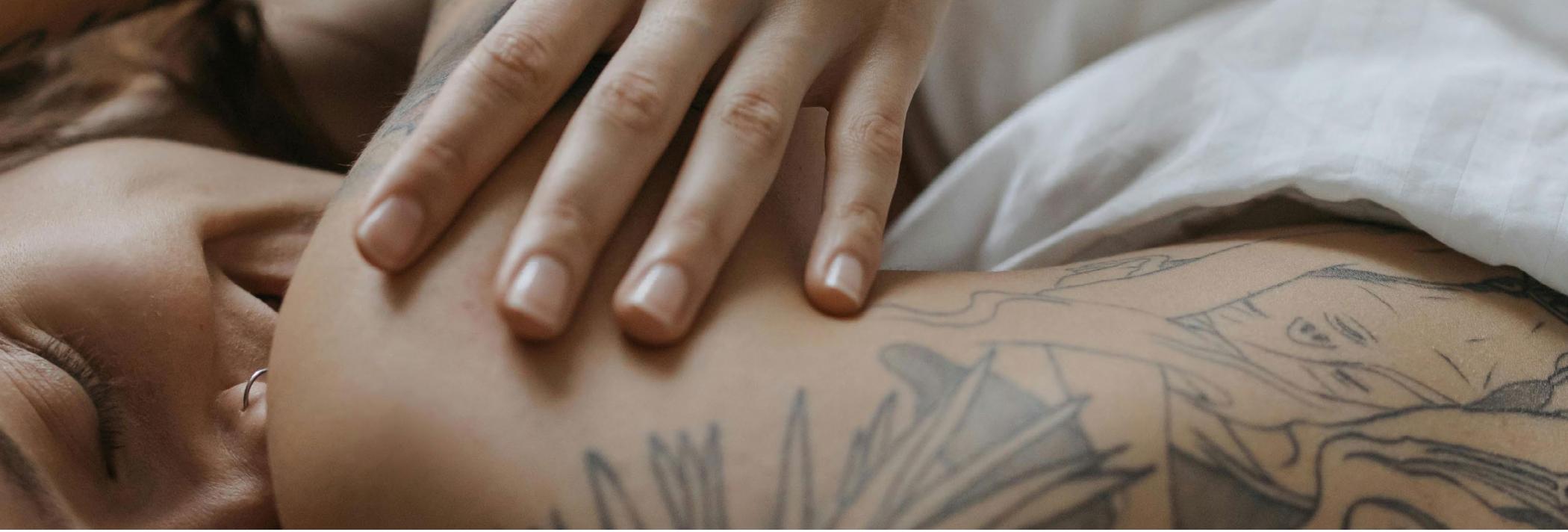
While as women we have certain inclinations, I feel that we are very multidimensional sexual beings: submissive and virginal as well as dominating and slutty and everything in between.

It's painful to cut ourselves off from aspects of our sexual self—to leave things unexplored or unexpressed. Kinky Sex can be an opportunity to change that.

If you are a little fearful, that's great. It means there is a new horizon there worth exploring. The key isn't to throw yourself over a cliff, but to go slow and steady and push into your edge.

It's not all about pleasure. It's about feeling anything and everything very deeply. Also, the skills that you learn in setting up a Kinky Sex experience—how to communicate your desires,

how to create strong boundaries and safety, how to lean into the edges of fear or taboo— will serve you greatly in all of your sexual experiences, whether they are kinky or not.



## KINKY SEX EXPERIENCE: EXPLORING YOUR SEXUAL EDGES

The exploration of Kinky Sex is literally endless. There are so many exercises I could recommend. I have an excellent Vlog on this topic that you can watch [here](#).

However, I'm going to pick one type of edge to encourage you to explore.

This is your geographical edge. Most of us have one sexually. That means finding a part of your sexual geography that you feel is unexplored or even a bit taboo and delving more deeply into it with your partner.

I call this "orgasming in unknown territory."

If you feel a tiny bit of fear or apprehension, that's a sign that this is going to be good.

## THE STEPS FOR A KINKY SEX EXPERIENCE

**Step 1:** Sit down and have a conversation about parts of your body that feel unexplored or where you haven't fully tapped your full orgasmic and pleasure potential. As a man, you may want to consider exploring your perineum, prostate, anus, testicles, nipples or ass. As a woman, you may want to consider exploring your G-spot, cervix, A-spot, anus or breasts.

**Step 2:** Once you've decided on an area for each of you, consider how you would like it stimulated. If you're a man exploring your prostate, would you like to explore with a prostate massage, while she gives you a hand job, or with a dildo? If you're a woman exploring your cervix, would you like your partner to explore this with his hands, his cock or a sex toy?

**Step 3:** Set a date to explore. You can set up two different dates or have the sessions back to back, but you want to make sure that a whole hour is set aside for each of you.

**Step 4:** Do research in the meantime. Find books, YouTube videos, and resources about how to stimulate your partner in their unknown region.

**Step 5:** Get together any items you may need: lube, toys, gloves, etc.

**Step 6:** When your date arrives, make sure you have everything all set. Then, begin to turn your partner on. It is very important that they are turned on before you approach a new area.

**Step 7:** Once you've started the massage or sexual activity, be sure to check in with your partner regularly about what feels good and whether they like what you are doing. Exploring deep and less-explored areas of your partner's body can be really exciting. It also creates a lot of intimacy.

It requires trust to allow your partner to explore and pleasure less-reached parts of your body. Even though this may not seem particularly kinky, it helps set up a framework for Kinky Sex—namely, finding something that excites you and deciding to consciously explore it together in a safe space.

With this trust established, you can begin to explore psychological games, bondage, and discipline and power roles more freely.

## **TROUBLESHOOTING:**

- One of the most important things to realize is that most people have an initial resistance to stimulating and exploring new parts of the body. For example, women can be resistant to cervical stimulation at first, as it is common for women to carry deep tension and pain in the cervix.

- It may take time and encouragement to get your lover to open up to experiencing pleasure in new areas.
- For men, things like prostate massage can be challenging at first. For a lot of straight men, penetration of the anus can feel scary. It's vulnerable to trust someone to go there. It can bring up questions about their masculinity.
- My previous partner was extremely resistant to getting a prostate massage at first. I coaxed and coaxed him and finally got him to agree to a session. He LOVED it! And it truly brought us closer together.
- One of my favorite private sessions ever was showing the partner of a 52-year-old man how to give a prostate massage and seeing the epic tears of joy and pleasure running down his face as he surrendered to a totally new orgasmic experience.
- Ask yourself what kind of sexual frontiers you might have that the two of you could explore together.
- I recommend sitting down for 20 minutes with your lover and having a discussion about a new sexual thing they'd like to try. It's really important to create a non-judgmental space here. If you really don't think you can avoid judging your partner's sexual desires, then you aren't ready for Kinky Sex.
- If, however, you can hold your partner and celebrate their curiosity and sexual desires, even the taboo or kinky ones, then you are totally ready.

- After you've decided what sexual edge you'd like to explore, spend some time discussing how you'd like to explore it and what is necessary to make it happen.
- One of you may need to do some research or buy some supplies.
- It's a great idea to each take turns setting up a scene for each other. Find out how they'd like to explore their sexual edge and then take responsibility for offering them the experience that they desire.

## LOVERS TIP: HOW TO TALK TO YOUR PARTNER ABOUT EPIC SEX

There is a toxic idea in our society that says "People only start working on sex when something is wrong or one person is dissatisfied."

Because of this belief, you may be afraid of suggesting trying something new with your partner in case they assume this means they're a bad lover.

Nobody wants that.

If you want to suggest to your partner that you both read this, I recommend doing it from a place of excitement and adoration. Let your partner know that the reason you want to work on sex is because they're a great lover, because you trust them, because you want your passion to last— whatever is absolutely true for you in your relationship that is positive and encouraging.

After all, even if you're a downright extraordinary lover, you still want to experience the heights of your sexual potential, right? You'd still want to explore the deep possibilities of intimacy, orgasm, and pleasure with your partner. And you really only want to do that with someone who means something to you— someone you want to invest in sexually for the future.

Not only will you grow closer and more intimate, but you'll recognize and address sexual issues long before they become

toxic bombs that undermine your relationship. You'll also never fall into a boring, mundane style of sexuality or worry about your partner fantasizing about a thrilling one-night stand with a stranger to fill the hole.

If you are always expanding your sexual capacity and pleasure together, you'll never wake up after twenty years of sexless marriage and be like, "How the hell did that happen?" (If you have just woken up after twenty years of sexless marriage, these very tools can get you back in the bedroom together for a fabulous time....)

You'll run into challenges and sometimes struggle, just like with any part of life. But you won't let your sexual love for one another just slip through the cracks and then wonder where it went.

You'll actively take the reins of your sexual fulfillment and destiny together, choosing orgasmic ecstasy and excitement and sexual growth together rather than hoping that it will all just take care of itself—which it pretty much never does after your first year together.

**ENLIGHTENED**



**SEX**

Enlightened Sex is all about playing with different energies and polarities.

Masculine and feminine. Consciousness and energy.

Fire and water.

Fast and slow.

Hard and soft.

When opposites come together, a huge burst of energy is released. It is a third force bigger than the two parts alone.

Often, we feel the need to choose. During Enlightened Sex, you get to play with both.

This is an advanced form of sexuality and it's truly something you need to try out to really understand.

I'll give you a little taste of what's possible below.



## ENLIGHTENED SEX FOR HIM

Enlightened Sex is about fucking from the deepest place inside yourself. Your impulses, your thrusts, and your inner state are guided by a deep sense of knowing within you. In a sense, it's about meditating while you make love, while also trusting your instincts and awareness.

You step out of your sexual conditioning and any sort of "checking out" and find your personal sexual freedom expressed through your desire.

At this level, you can play with sexual polarities. That means fucking hard and wild and being able to switch to soft and sweet. Sometimes you'll be so still inside and so present, and then at times succumbing totally to the sensational energies. Sometimes you'll be in total control and power, at other times vulnerable and exposed....

Sometimes this means that you are consciousness and your partner is energy. Sometimes you are hot like fire and your

partner is silky-smooth like water. And sometimes it means that your lovemaking swings back and forth between the polarities, at times taking you into consciousness, energy, or both. Sometimes it carries you into the heat of fiery passion, sometimes into the sensual melting of water.

Your depth as a man allows it to be this dynamic. The key is in not trying to control the situation, or your partner. You just show up for whatever is, moment to moment. When you begin making love like this, it's not only hugely freeing, it's also explosively interesting.

Each sex session has a totally different feeling to it. Making love with the same partner over years and years actually gets more interesting, rather than less, when you really dive into Enlightened Sex.

The best way to develop Enlightened Sex in the beginning is through a personal practice. How you masturbate and relate to your penis and your sexuality on your own has everything to do with how deep you can go with a partner.

In the practice section below, I'll discuss some of the ways to build a solid foundation for experiencing Enlightened Sex.



## ENLIGHTENED SEX FOR HER

Enlightened Sex is about opening up to sexual energy that is much, much greater than yourself. The more deeply you can let go and feel, the more deeply you can breathe and sound, the more sexuality will start to feel like a massive current running through your body.

During Enlightened Sex, you let go of the need to control what that energy looks like. It's about letting go of needing to look nice, or cute, or even sexy, and surrendering to the moment.

That will mean playing in new and unexplored sexual territory. Sometimes more intense energies will come up, heavy and dark; sometimes really light energies will come up, subtle and sublime.

The biggest key is to stop trying to look "good" or "put-together." When you really unleash sexually, your tongue may hang out, your sounds can be primal like an animal, your body will be wild and untamed. At other times, you'll look like a queen and

a supreme beauty. A real man will see this in your freedom and love it.

If you are well-matched with a conscious partner who can ride with you on the sexual waves, you'll open up into a dimension of sexuality together that is very profound.

You already have this capacity within you. It is your original sexual gift.

Getting to this point is mostly related to your own relationship with your body outside of sex. If you feel controlled and tense in life, that's going to show up in the bedroom and Enlightened Sex isn't going to happen.

If, however, you learn to let go in things like dance or yoga and regularly allow life and energy to take over your body from within, then Enlightened Sex will come naturally to you. I'll share a basic practice for you below, but if you really want to explore this deeply, you can check out my Obliss Masterclass for women.

# ENLIGHTENED SEX EXPERIENCE: THE ALCHEMY OF PLEASURE

This is the only practice that happens partly on your own, so you'll find the instructions for Him & Her below, and then the final experience for both together.

The Enlightened Sex exercises will allow you to develop inner sexual mastery on your own, so that when you come together, you'll be naturally experiencing a more potent version of your sexuality.

Having your own self-practice is key because it allows you to show up in top-sexual form for your partner - a sure-fire way to experience much more amazing sex. Feel the movement and sensuality and the depth of the water.

4. If you are close to orgasm, stop and rest.
5. You want to delay orgasm until you have switched back and forth from fire to water about ten times for a total of ten minutes. If you don't feel orgasmic or even that much pleasure, don't worry. Doing a new practice like this can affect your normal sexual rhythm until you get used to it.

6. After ten minutes, you can touch yourself however you like and feel free to orgasm or whatever feels natural.
7. You can either set a series of timers for this if, or just estimate the time if you prefer to flow with your impulse.

# ENLIGHTENED SEX EXPERIENCE FOR HIM

The way you masturbate has a lot to do with how you make love. Yet, most men hardly think about how they touch themselves and the effect it has on sex.

This is a masturbation practice to do on your own. I recommend doing this practice at least twice a week for a month for a powerful effect during sex with a partner.

Do this experience without watching pornography. You can fantasize if you feel it's necessary, but keep part of your awareness on the sensations in your dick the whole time.

1. Touch yourself as you would normally during self-pleasuring.
2. After you are turned on, keep stroking yourself and begin to feel a fire building in your cock, testicles, and perineum. Visualize the heat of the fire, the blazing light, and the sensation of passion, speed, and force.
3. After about a minute of this, keep stroking yourself and visualize water flowing through your cock, testicles, and perineum.
4. If you are close to ejaculation, stop and rest.
5. You want to delay ejaculation until you have switched back and forth from fire to water about ten times for a total of ten minutes.

6. After you've gone for ten minutes, you can touch yourself however you like.
7. You can either set a series of timers on your phone for this, or just estimate the time if that works for you.

# ENLIGHTENED SEX EXPERIENCE FOR HER

Spending time masturbating (self-pleasuring) is a really important part of experiencing fantastic sex with a partner.

There is a weird belief around that you

shouldn't touch yourself if you have a partner because it means your partner isn't pleasing you or that it's something you should be ashamed of.

That belief as created by people who never had any fun and definitely never had epic sex, so ignore it and self-pleasure to your heart's content.

This practice will help to free up your sexuality to be more expressive and free flowing. I recommend doing it twice a week for a month to feel the full effects during sex with your partner.

1. Touch yourself as you would normally during self-pleasuring.

2. After you are turned on, keep stroking yourself and

begin to feel a fire building in your vulva, pelvis and clitoris.

Visualize the heat of the fire, the blazing light

and the sensation of passion, speed and desire.

3. After about a minute of this, keep stroking yourself and

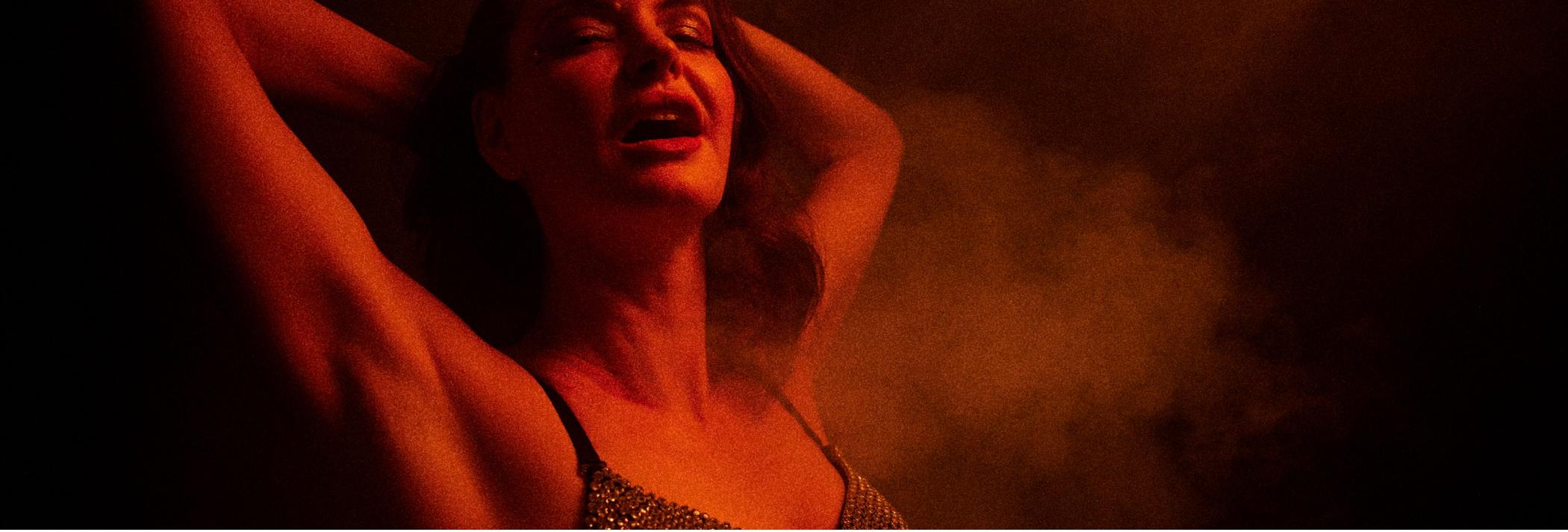
visualize water flowing through your vulva, pelvis and clitoris.

Feel the movement and sensuality and the depth of the water.

# ENLIGHTENED SEX EXPERIENCE FOR COUPLES

After you have done at least a week of the Fire and Water self-pleasuring process above, you can do the following exercise together.

1. Before making love, sit across from one another on the bed.
2. Set the timer on your phone for five minutes.
3. Gaze into each other's eyes.
4. For the man: feel your cock lighting up with the power of a thousand suns. You can feel it full of consciousness and power. If that feels silly to you, it's probably because your cock is longing to express the power of a thousand suns.
5. For the woman: feel your vagina and vulva as a swirling galaxy of space and stars and beauty.
6. Keep feeling this and eye-gazing for the full five minutes.
7. Begin to make love and follow your impulses moment to moment.
8. Afterwards, it is wonderful to discuss your experiences. What did you feel? What did you experience? What did you learn?



## GO FORTH NOW AND EXPERIENCE EPIC LOVE AND EXTRAORDINARY PASSION!

These tools can shift the sexual dynamic of your relationship forever and create the kind of experiences that make life worth living.

If you want to discover even more pleasure and depth in these practices, I've created an exclusive 6-month sacred sexuality program for couples, The Tantric Mastermind.

It's a deep dive into foundational and advanced Tantra skills and practices, plus training that'll take your relational and communication skills to the highest level. [Discover all the details by clicking here.](#)

I'll be in your inbox weekly with incredible free practices, special events, resources, sexy stories and so much more.

Love, Layla

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