



3 Secrets to Sensational Sex

For many of us, this can sound like an impossible achievement, fairy tale expectation, or ridiculous request. My own history with sexual satisfaction has run the gamut—from the totally dissatisfied and disappointed morning after of “what the hell was that?” to the screams of fully surrendered ecstasy and transportation to other dimensions. My sex has been to the extremes, in both directions.

During my married years, sex was mostly sweet. After 23 years we had found a fairly satisfying routine. I knew what he liked, and he knew what I liked, and that seemed good enough. After my divorce things got dicey. I had a deep intuitive feeling there was so much more to sex than I had previously considered. For the most part, sex left me feeling rather flat. I credited that in part to my perimenopausal hormone fluctuations and in part to lovers who didn't seem to be very skilled at the artistic nuances of lovemaking.

What I've come to understand is that sexual satisfaction runs much deeper than either of these situational reasonings. I have been immersed in the exploration of intimacy, sexual energy, sexual satisfaction, and sexual pleasure for the past 10 years. In 2012 I finally decided to make a career of it, and became a Certified Tantra Educator through Source School of Tantra in Boulder, California. I have now helped hundreds of clients find more connection, satisfaction, and delight in their sexuality. Regardless of why a client comes to see me, there are three basic tools I always invite them into practicing with commitment, but we'll get to that in a bit.



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Sex is tricky terrain for the clients who come through my door. People come to see me for a variety of reasons. For some, there has been a history of sexual trauma, and they are looking to heal. For others, they once “had good sex,” but now the flame seems to be fading and they would like to find the thrill again. Many come because of a perceived or real “sexual disfunction.” But for the vast majority, sex is satisfactory at best, but they intuitively know there must be more to it and they just don't know how to find it. And while it is very true that each individual's sexual terrain is unique and littered with its own stories, shadows, and pitfalls, there are some key ingredients that, when faithfully implemented and practiced, not only promise to bring a deeper sense of satisfaction (although for many that's enough!), but will also bring along new thrill, delight, and toe-turning ecstasy.

Before I get into the actually practices, there are a few basic guidelines to remember when entering into a sexual practice with another.

Think of your sexual interaction like playing the piano.

No one sits at a keyboard and plays it perfectly the first time around, nor do they begin with Beethoven's 5th. Even longtime pianists begin with some elementary scales and ultimately continue to practice

in order to master their craft. It is practice that makes a piano player a true master. Lovemaking is like that. Approach yours more like an art and less like an achievement. The more you practice the better you become. And ultimately, no matter your skill level, practice is always required to continue to fine-tune your craft.

Check in with your partner(s). Affirm that they too want to practice deeper intimacy with you.

Practicing with these tools without your partner's knowledge will definitely improve your sexual experience. However, creating an environment with your partner where you can talk about these intimate experiences allows you to both speak your deeper desires. When we put voice to our heart's longing, we increase the likelihood of the longing to come true. I understand that talking about sex is not easy. In fact, for most it brings up a ball of fear in the base of the belly. But, once that bridge has been crossed, and your partner(s) agree they would like to try something new, ask yourselves these 3 questions: (a) What do you most appreciate about making love? (b) What would you like more of? (c) What would you like less of?

Make love WITHOUT orgasm as the goal.

I know this sounds crazy, but try it! There is an old episode of *Friends* where Joey is involved in a scientific study and in order to get a \$700 paycheck, he is required to not ejaculate outside of the experiment for two weeks. In typical *Friends* fashion, this becomes complicated as Joey gets a new girlfriend. Monica suggests that he can still have a fine time if he will "take care of the girlfriend" and not himself for a change. Joey tries it and learns is that his girlfriend is super "turned on," complimentary, delighted, and sexy. Setting his orgasm aside gave him more energy and more thrill than he had ever previously experienced.

Set aside your ego!

It is totally natural that we all want affirmation, especially around our sexual performance. Consider the old “did you cum” question that arises after lovemaking. We WANT to know that we satisfied our partner as well as ourselves. However, this puts a tremendous amount of pressure on both parties and often leaves someone silently disappointed. Instead, as suggested previously, imagine that orgasm is not the goal of your lovemaking, but simply a lovely potential by-product. Entering into lovemaking without the orgasm goal changes the way in which our bodies respond and allows for deeper surrender and receptivity.

Make/Take your time.

These new skills take time and patience to really understand. In the beginning create enough spaciousness in your intimate connection to slowly and consciously experience each one. Ultimately, once you have these skills integrated into your body, it will become effortless to utilize them in your lovemaking regardless of if it’s a “quickie” or an all night party. However, when you are just beginning to implement these practices you will want to remove the pressure to “hurry up” and make it happen. Sensational Sex is a fine art, and as such, requires the dedication, time, and commitment needed to explore the finer points.

The Three Secrets

1. *Eye Gazing*

William Shakespeare once said, “The eyes are the window to your soul.” And, for sensational sex, soul connection is important. The ancient tantrics taught that eye gazing (or soul gazing) was a sacred practice used to deepen trust and intimacy, awakens both heart and sexual energy, and creates a pathway to The Divine. I say eye gazing allows both parties to be seen and to be received. To be held and to hold. To

allow, surrender, and rest in the heart and bodies of one another.

To best eye gaze sit cross-legged across from your partner on the floor or bed. If cross-legged is uncomfortable, try sitting with your legs straight out in front of you, and scoot up alongside each other until you are hip to hip. If necessary, one of you may lean up against the wall. However you arrange yourself, you will want your faces to be approximately 12-18 inches apart. In the beginning, a timer is helpful in supporting you to slowly increase the amount of time you gaze. Start with just 3 minutes. Over time you can work your way up and up and up. My favorite is 20 minutes.

It is said that the left side of our body is the feminine side and the right is the masculine. We all carry both energies. We tend to receive (energetically) in our left and send out (energetically) with our right. We will practice this “giving and receiving” with both our eye gaze, and, later on, with our breath.

Once you have found a comfortable seated position, hold hands, close your eyes, and take a few quiet breaths. Bring your focus and attention to inside your heart. Feel into the intention you carry in eye gazing with this partner. Are you practicing for closeness? Intimacy? Understanding? Forgiveness? Compassion? Love? Once you have your intention in your heart, slowly open your eyes and find the left (receptive) eye of your partner. Let your gaze rest on that left eye and imagine that you are being welcomed in, received, held, absorbed into that eye. Once you feel received, bring your attention to receiving. Allowing your partner “in” through your left eye, feel their essence filling your heart, your body, your being.

When your timer sounds, take a deep breath and ask each other, “What did you notice?” “What felt easy?” “What felt difficult?” “What felt possible?”

“If you want to know God, then turn your face toward your friend and do not look away.” ~Rumi

2. The Breath

Simply Google “breath practice” and you’ll find a plethora of articles and inspirations about the value and benefit of utilizing the breath as a tool for deepening mindfulness, reducing stress and anxiety, increasing healthy blood flow, and the value of stillness. Add “breath practice” to your intimate interactions and you will find that your connection with yourself and your partner are affected in the same way.

After becoming comfortable with eye gazing, begin to add synchronized breathing. Continuing with the eye gaze instructions, empty yourselves of all breath. Once you are both empty, slowly begin to inhale together. Imagine your breath is coming into you through your pelvic floor, directly from the earth, up your center channel, through your belly, your heart, and up out the top of your head. When you are both “at the top” of your breath (full), pause, and slowly begin the exhale together. When you are “at the bottom” of your breath (empty), pause and repeat. Again, set a timer. Begin with 3 minutes, and over time work your way up to 10 or 15.

For a more advanced practice, the next time you are both empty together, one of you stays empty while the other inhales. This is called “alternate breathing.” When alternately breathing, on the inhale, practice bringing the energetic body of your partner into your own. On your exhale, practice the feeling of being received by your partner. Once this alternate breathing becomes fluid there are many different visualizations to include in your practice.

It is said that men are penetrated through their heart and women through their yoni (vagina). If you are breathing with someone from the opposite sex,

imagine, ladies, that your exhale is through your heart and directly into his. He receives you into his heart with the inhale, and on his exhale sends his energy into you through your yoni (vagina). As the receiver, breathe him into your yoni with your inhale. Send love back out from one heart to the other. This practice works when done with same gender lovers as well. You will individually identify the direction of the flow as is appropriate for your particular energies.

For a more advanced practice I recommend sitting in YabYum position. This pose is excellent for both same gender or mixed gender couples. For clarity purposes only, I'm going to describe this position as if it is being practiced by a man and a woman. Traditionally, the man sits in a cross-legged position. The woman wraps her legs around his waist and leans in close. Sometimes, the woman rests easily on the man's crossed legs, or other times a pillow under the woman's butt is helpful. If the man's hips are too tight and are not comfortable in this position, he can stretch his legs out in front. Press the center of your chests together and your genitalia together (with or without clothing). Feel the alternate breathing intensify and vibrate through your bodies. The breath is slow and controlled. The rhythm is easy and relaxed. The mind empties. There is only your combined energy in the space. Your bodies become "resonate" with one another. This opens receptors sites, the arousal system, and enhances sensation and the bonding chemicals that are produced through safety, security, touch, and sensation.

3. *Modalities of Touch*

Often times lovemaking is a series of "you do me, I'll do you" experiences. In this exploration I invite you to change that up a bit with more of an "I'll do you." Period. Let go of the expectation that if you give enough, then you'll get yours. Instead, give freely and drop that expectation. What I find is that when I am full, I am excited and delighted to let that overflow into

my giving. It may, in the beginning, feel foreign to not be “doing” or touching each other simultaneously, but for this practice I invite you to switch it up a bit!

Touch has a wide range of variations — from the gentlest of touch that almost tickles the skin to dragging the nails so deep you draw blood. There is a wide range in between and lots to experiment with. The lighter, gentle touch has a more yin quality, while the stronger, more forceful touch is more yang. The two together are the light and the dark, the up and the down, the more and the less. It is switching it up that keeps things exciting.

One way to explore the modalities of touch is to continue from the YabYum position. The person on the bottom (traditionally the man) wraps his arms around the head and shoulders of the woman and lays her back upon a pillow. Her legs remain lightly wrapped around the waist of the man (or person on the bottom). From there the person on the bottom is in the perfect position to touch the one lying down from head to toe — touching, teasing, tantalizing every inch of the body, without stopping and/or concentrating touch in any one area. Be sure to include genitals and breasts in your touching tour, without stimulation or stopping.

Begin your touching tour by rubbing your hands together briskly. Warm up your palms with the friction and envision your heart coming into your hands. Imagine your hands and fingertips are 1-2 inches fatter and longer than they are. Envision your heart shooting out the tips of your fingers like a laser beam. Continue with the visualization of heart radiating out your hands and begin to touch lightly from head to toe. As you glide your hands around the body of your beloved, experiment with these different styles of touch:

- Light tapping/slapping
- Light to medium scratching
- Pinch/squeeze

- Spirals and shapes
- Massage (deep and/or light)
- With or without clothing
- With or without coconut oil

Any movement or touch you may experiment with will lose its sensitivity and pleasure if it is repeated too often or too long. When you find a level of touch or location on the body that is especially pleasurable don't stay there too long, but return often!

Touch is most well received when the receiver is feeling open and safe. Speak words of adoration and love as you touch. Let your heart have voice. You may want to acknowledge their bravery for participating in this exploration, their deep heart for creating such a vulnerable experience, and their deep beauty at allowing themselves to be seen, held, and loved in this way.

Ask the receiver these questions:

How much love can you take in?

How much pleasure can you endure?

What part of this exploration do you love most?

What makes this experience difficult?

Thank them for the love play, thank them for their presence, and thank them for their vulnerability.

When you feel complete, place your hands behind the head of the receiver and lift him/her up. Return to YabYum, hold them close, and breathe together.

In closing

Remember, sensational sex takes practice and isn't about what button to push, what sex position to try, or what magic spot to rub. It is about presence. It is about vulnerability. It is about connection. Our current culture around sex would have us believe that better sex requires better toys, more participants, or bigger sex organs. None of that is true. It's all hype. What is true is that better sex requires our full attention, our softened hearts, and our ability to reveal the soft

underbelly of our soul. And that, for many, is the most difficult part of sex.