

Sacred Touch School

Breath Exercises

Most of us spend our days breathing just enough to survive. When you take a full breath of air into your lungs, you can feel the difference in your body. Breath is the food for your life force energy and is deeply interconnected with erotic energy. By consciously focusing on your breath and the sensations it brings in your body you will access and expand erotic energy throughout your body.

Breathing deeply and fully can open up a range of sensations and feelings in the body. As you practice the different breaths below, notice what comes up for you. Resist the temptation to interpret and judge – just become aware and notice. Often when we first start taking deep breaths a sense of relaxation will arise. You may also notice some tingling or a sense of “aliveness” in your skin or in parts or all of your body. This sensation is your cells taking in the extra oxygen from the deep breath.

Many of us hold our breath when becoming aroused. Instead of holding try breathing deeply and purposefully as you generate erotic energy. Focus your mind on the breath – the inhale and the exhale. You may find this deep and conscious breathing a bit hard at first since it may be new for you. Keep practicing. Notice when you are holding your breath and simply return to the conscious breath. With practice your breath will lead you to new heights of ecstasy!

These breathing techniques below can be done alone or in conjunction with touch and you are encouraged to explore the sensations of each. Breathing is not a static experience and movement with the breath is also encouraged.

Introductory Practice

This breathing practice is intended to introduce you the power of conscious breath and help you to slow down. You can do the breathing alone or while masturbating. Much of the time we masturbate quickly, quietly, and without paying attention to breathing. Often we spend less than 15 minutes on self-pleasuring. For this exercise you'll just be breathing for 15 minutes. You may want to have a clock visible.

Find some time when you can be alone and undisturbed. You may want to turn your telephone off. Find a comfortable place where you can relax. Begin the exercise by closing your eyes and checking in with your body. Note any

areas that are tight or relaxed. Try not to judge your feelings – just note them. Scan your body from the top of your head to the tips of your toes.

As you're doing this check in open your mouth and take nice deep slow breaths. Make some noise with your breath. Keep the effort only on the inhale. Let the exhale fall; there's no need to push the exhale out. Keep your breath circular. In other words the inhale should flow directly into the exhale. Resist the temptation to pause between the inhale and the exhale. The inhale should flow naturally to the exhale and then flow back into another inhale.

As you're breathing be aware of your genitals. Notice how they feel. See if you can notice the muscles in your belly and pelvis gently expanding and relaxing as you breath. See if you can further relax all these muscles on the inhale. This is easier if you breathe into your belly rather than your chest. You may want to include some Kegels while breathing.

You may feel some tingling in your legs and arms. This is normal and due to increased oxygen circulating through your body. Just note the sensations and keep breathing. Try breathing laying down, sitting and standing up. As you change positions, note how your breath pattern changes.

The following breaths were taught to us by Chester Mainard^{i.1}

Anal Breath

The foundational breath that we'll be using throughout these classes is the Anal Breath. The focus of the Anal Breath is noticing and enhancing the anal reflex to full breath. On the inhale, the anus relaxes. This can be felt (and observed) as an expanding or dropping down of the anal sphincter. If your skill of noticing sensations in your body is well developed, simply noticing this reflex will gently enhance the breath. For most of us, very gently pushing out on the anus will enhance this reflex. This is not a bearing down, but a slight sense of pressing down on the anus. For others who may have difficulty noticing the anus, gently expanding the abdomen by pushing out the belly will have a similar effect. In either case the important point is to be gentle and expand the anal reflex with a minimum of effort. Straining or strong pushing will inhibit the effect that we're looking for.

The second focus on this breath is the exhale. For many people, this is the more difficult part since you are doing nothing! Neither hold nor push the air out – simply let the exhale fall out. People who are accustomed to thinking of control as making something happen can often find the process of simply releasing and letting go difficult. The release is not the difficult part; rather,

it is the thinking that something must be done that is hard. This is a time to see how much you can let go and notice what feelings may arise as you breath in this way. The sheer simplicity of just letting go and doing nothing enhances the power of the impact of this breath.

Notice how you body feels when relaxed and letting go. Many people report feeling a sense of flowing in the body. This flowing is energy. Some of this flowing is measurable: respiration, circulation, electro-chemical signals and so on. Other flows aren't measurable but are definitely noticeable when we're open to listening.

A wonderful variation on the Anal Breath is the Five Step Anal Breath. Start with one small anal breath, followed by a medium anal breath, then a deep anal breath. Then step back down with a medium and finally a small breath. This conscious process of stepping up the breath and back down enhances the awareness of breathing and helps us make conscious breathing more automatic.

As your doing this breath, pay attention to how this reflex passed over the pubic bone. Many people, when first learning this breath, breathe more deeply into the belly. However, as the belly expands, the reflex stops just before it reaches the pubic bone. You may notice more awareness in your belly, but not in your pelvic floor. See if you can feel the reflex descend deep into your pelvic floor – all the way down to your perineum and anus.

Because we tend to breathe into our chest when taking a deep breath, it would seem that all deep breathing is labored and not at all relaxing. However, when you bring the focus of the breath to your belly and anus, you'll notice that the breath is not at all hard to do. You'll also begin to notice the relaxing effect of conscious breath.

Charging Breath

Once the body is relaxed, the charging breath can be used to expand sensation and emotion. This charging breath begins to expand erotic capacity.

This breath builds upon the anal breath. So everything we practiced on the anal breath still applies. The primary difference with the charging breath is that the focus of the breath is the back of the throat. A great way to bring awareness to this part of the body is to yawn. Resist the temptation to do a polite little yawn. Rather, do a full yawn with stretching, sounds and no covering of the mouth. You will begin to feel an opening toward the back of the throat. If you're doing this breath correctly, you'll also notice an

expansion of the abdomen. Stay focused on the back of the throat and just be aware of other parts of your body.

Do this breath with a moderate rhythm; there's no need to rush the breath. It's generally better to take nice full breaths rather than breathe faster. Focus on nice deep inhales through the mouth with an open throat. Exhale without effort – just like the anal breath.

As you're doing the charging breath, you may notice tingling or energy in your extremities – often the hands and feet. This is due to more oxygen circulating in the blood. You may also notice a tingling in your genitals. Many people find it helpful to make noise while doing charging breaths. Experiment with making sighs or moans as you exhale and note how the vibrations of the sound feel to your body.

If you find that the charging breath is becoming uncomfortable, go back to the anal breath and slow things down until you feel ready to try the charging breath again. Signs of discomfort might be cramping or pins and needles feeling in your hands or extremities. This is nothing serious, just a sign that your body needs to slow things down. As you become more accustomed to this kind of breathing, the potential for this to happen will decrease.

Big Draw

The Big Draw is an essential breath for cultivating erotic energy. This breath can rapidly move energy throughout the body and is useful for prolonging erotic trance states. This breath is also essential for developing consciousness around excitement and enjoyment that will be presented in later videos.

There are two essential parts to a Big Draw. The first is the part that involves intentional effort and the second is completely relaxing and letting go, allowing for sensations and emotions or stillness to happen. This technique is used after some period of charging breathing and/or increasing erotic energy. It can be done at the end of a breathing or erotic trance session as a grand finale or it can be interspersed within the session to greatly enhance and accelerate the effects of the breathing and erotic charge.

The simplest Big Draw is clenching. To prepare for it, take three deep full breaths, releasing the first two breaths with sighs, moans or other sounds. On the third breath, hold the breath in and tighten your butt and lower abdomen as hard as you can. Every other part of your body comes along for the ride. Clench your fists, scrunch up your face, lift your legs a bit off the

ground (be careful doing this if you have lower back issues), lift your head a bit (again, be aware of any neck issues).

Hold this clench for about 10 seconds or so or when you feel you must go (whichever is sooner), then let go of everything. It's more important to clench as hard as you can rather than hold the clench for a long time. When it's time to let go, let go of everything. Release the air and just be with whatever comes up.

Some people find that a Big Draw brings up emotions, sometimes these can be very strong feelings. Some find it to be a great catharsis, some find it produces visions or sensational awareness and some find a deep peace. When doing the Big Draw with erotic energy some may feel the erotic energy surge throughout the body. Some may feel nothing. All sensations are valuable and useful. Try to resist the urge to drive or judge the experience; let it drive you.

The Big Draw is an exercise in trusting the inner, non-conscious parts of our being, allowing that place to guide you, and doing this by completely letting go. There is no right way to have a Big Draw experience. If you do the releasing you will have an authentic and deep experience. As with the breath, this is the most difficult part for many people to understand.

The Big Draw is particularly useful to extend erotic trance and reduce the pressure for ejaculation in men and expand erotic and/or orgasmic sensation throughout the body for anyone. The Big Draw disperses erotic energy throughout the body and can change the focus from excitement to enjoyment. This often results in an incredible feeling of erotic embodiment and the trance can be extended.

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1 Chester Mainard was a great teacher and inspiration in the field of erotic touch work. He co-taught the Sexological Bodywork Certification program, massage classes through Body Electric School and had a deep impact on the many individuals he worked with. He was especially interested in having people reconnect with their anus. Chester passed away in March 2007. His deeply missed.