

#14 Breathe Deep

Deep breathing intensifies all aspects of Pleasuring. It increases your capacity for sensation and frees up emotional energy. When you feel tense, anxious or pressured, you tend to diminish or hold your breath. Receptivity to Vitamin T is blocked when your breath is restricted.

To maximize pleasure, focus on breathing deeply and rapidly. Adding movement also results in faster, more complete breathing. Think of how it feels when you exercise and your breathing increases along with your level of movement. When you become more active during Pleasuring, your breath follows suit. Deep breathing increases your receptivity to Sexual Touch. If you remain passive and allow your breath to be shallow, you experience fewer sensations and arousal may be difficult.

Some suggestions for enhancing Pleasure with the breath:

Consciously quicken the pace of your breathing. Breathe through your nostrils. Notice the change in your ability to feel sensations.

Try dancing as part of the playing phase. This gets the breath going and the juices flowing.

Sit or stand while Pleasuring. More activity and breath result when you are upright. When you are lying down in bed, your body almost automatically goes into a relaxed, restful mode in which the breath decreases.