



LESSON 3 » MICROCOSMIC ORBIT:

I invite you to get intimate with yourself. You may want to ensure extra privacy with this one, for it is more powerful when you are self-pleasuring. Once you've mastered this with yourself, take into lovemaking and feel how it can expand your experience!

Get intimate with the inner workings of your body. Remember to slow down, relax, and to touch yourself in a new way with no goal in mind. In fact, make your goal to NOT RELEASE. Try it... you may be surprised in what starts to happen in your body.

Start slow and subtle, then work yourself up to running this energy like a waterfall of light throughout the entire body, both up and down the spine, as well as the front and back body. Play with it with a child-like curiosity. You might be surprised to what you find!

STEP 1: Feel your sexual energy, your vitality, your power that exists in your lower dantian, the area of your abdomen up to your solar plexus and down to your pelvic floor.

Feel your desire to fuck, to play, to ravish, to experience sexuality in this area. Feel it collect into a ball of light right below your navel towards the center of your body. Breathe in and out of this ball of light, feel it expand and contract.

STEP 2: Exhale. Feel this ball move to a point about half an inch above the top of your penis on your pelvis, between your hips.

Inhale and exhale, feeling your sexual energy and desire fill this ball of light.

STEP 3: Exhale. Move this ball of light to your perineum. Inhale and exhale, feeling the ball expand and contract.

STEP 4: Inhale. Move this ball of energy to:

- At the level of your spine across from your navel
- At the level of your spine across from your solar plexus
- At the level of your spine at the level of your heart
- At the level of your spine across from the pit of your throat
- To the base of the skull
- To the top of your head

Inhale and exhale, feeling the ball expand and contract at each point along the spine in the Microcosmic Orbit.

STEP 5: Exhale. Move this ball of light to your:



-
- Third eye
 - Pit of your throat (touch your tongue to the roof of your mouth)
 - Center of your chest
 - Solar plexus
 - Dantian

Inhaling and exhaling, feel it expand and contract at each point along the front of the Microcosmic Orbit.

STEP 6: Reverse the direction. Inhale from the dantian up the front of your body to the top of your head. Exhale, and move the ball back down your spine, feeling it move through your tailbone, anus, perineum, and up the front of your body, back to your dantian. Let it loop at a speed that feels good to you.

STEP 7: Reverse the direction again. Inhale up the spine to the top of the head, exhale down the front of the body. Let the energy move at a speed that feels good to you.

STEP 8: Store the energy at the dantian, moving your hands in a clockwise direction over your abdomen to gather the energy, and then move your hands counterclockwise to store it.

Feel this solidity, this grounding in your power center.