



LESSON 2 » THE THREE PILLARS:

- **TO ALIGN AND UNIFY THE ENERGY IN YOUR COCK, HEART AND MIND**

STEP 0: Set your intention for this practice. Take a mental note on how connected you feel on a scale of 1-10 to your cock, heart and head? How connected do they all feel to each other? Write down the number.

STEP 1: Inhale and exhale through the mouth. Feel some energy build. Then inhale from your cock, and feel the energy travel from your cock to your heart, up the spinal column of the body. Feel the power in your cock connect to your heart.

Exhale, and feel the energy in the heart travel down the spine and nurture the energy in the cock. With every inhale, feel the sexual power in your cock is penetrating the vulnerability in your heart. You're bringing power to your capacity to love. When you exhale, you're allowing the energy in your heart to nurture the energy in your cock. This brings peace and harmony between the two.

STEP 2: Next inhale the power of your cock all the way to the center of the brain. Now exhale your insightful awareness of your mind down to your cock. Feel them integrate and communicate with one another. Breathe like this for a few rounds.

STEP 3: Then you will bring the wisdom and insight from your mind down into your heart. Let it land and settle here. Forge a true connection between your mind and your heart. Inhale up the back of the body from the heart, and exhale down the front of your body from your head. Breathe here until you feel an integration.

STEP 4: From your brain, exhale all the way down to your cock. Feel your wisdom go all the way down into your primal desire. Now inhale your primal desire all the way up the spine into the back of the brain, the middle of the brain, and the frontal cortex. Feel your sexual power invigorate the brain! Now exhale and feel the wisdom and awareness of your higher self pool down and gather at your cock. Breathe here until you feel a peacefulness.

STEP 5: Hold your awareness in all three centers. This will give you an embodied sense that your primal sexual desire is aligned with the compassion and loving intent of your heart, and connected to the insight and wisdom of your mind. Feel all three pulsating and vibrating together.

EXTRA CREDIT: You can check in with these three centers at any part of your day when making important decisions. Ask yourself: do all parts of me feel integrous in moving forward?