

Sacred Body Rites Support

This PDF is lengthy because it designed to assist you in navigating the 'territory' that you discover about yourself while practicing the Yoni-Heart Meditation, receiving or offering *Sacred Body Rites*, or practicing *Sacred Consort Union*.

Please take your time - thoroughly study this with your open receptive body, and not with your mind.

Support for Women

Perineum, Labia, Vagina, Cervix, and Uterus Absorb Emotions

Due to the naturally magnetic quality of the female flesh, emotions are stored in the yoni as electrocharged armor. These emotions are a living substance comprised of somatic memories of past experiences, or projections of exuberance into the future, all of which make up ego's separate sense of a 'self.' A significant portion of ego's 'separate self' is a psychological complex derived from past experiences held as energies that the body absorbs from our western ancestral hypermasculine heritage. The energies of these cultural traditions have been encoded by the limbic system, and held in the body as emotion laden electric-charged armor. These energies are stored as armor in the genitals.

This psychological complex held as armor in the flesh of the genitals is comprised of emotions from cumulative past heartbreaks, abuse, trauma, self-hatred, disappointments, or of romanticized fantasies with lovers, or projections of exuberance onto potential lovers. The build-up of emotions creates armor in the flesh of our genitals, which cloud our capacity to sense with presence because it blurs our contact with the subtle flow of Eros. Emotions encoded deep in the subconscious by the limbic system are brought to consciousness whenever anything we contact resembles the energetic tone of a past event or story: when we are triggered somatically we may then project onto another - this can be evoked by thoughts, ideas, memory, smell, taste, sight, place, situation, person, and most potently by touch to the armor in the yoni.

Once a projection is triggered, the body automatically behaves exactly as though the past is now, having little to do with who is present. When a somatic experience automatically arises, we unconsciously bodily grasp to

repeat an action if it was a pleasant event from the past, or, we avoid an action by distancing, or holding back in reactivity if the remembered event was unpleasant.

Complex

If this complex - which Barry Long calls the 'emotionally drenched self' of projection takes over while celebrating *Sacred Body Rites*, or during *Sacred Union* with your Consort, the pleasurable sensations of *innate bliss* in your inner body disappear and recede into the background, and are replaced by strong emotions, feelings, thoughts, and behaviors that mimic the past experience - be it memories of old abuse or pleasure. Meanwhile, awareness is thrown out of the present through automatic bodily motions that 'confess' either exuberant grasping, or avoidant rejection as various forms of bodily expressions. We are not present in NOW, and are unable to sense arousal or the subtle erotic inner-body sensations of *innate bliss* in the present. This is because sensing Love is possible only in NOW, as opposed to that past that is drenched with emotions, feelings, and thoughts that unconsciously 'behave us.'

The Unique Magnetic Quality of Woman's Flesh

The naturally magnetic nature of the female flesh leaves a woman more bodily vulnerable to the absorption of emotion laden electric-charged armor. Therefore a woman's flesh is more deeply infected by the cultural hypermasculine disposition. Male flesh is electric and it discharges. If a woman has sex with a man who uses her to 'get from' in aggressive and dominating ways, or who use her as an object to practice sophisticated sexual techniques, her yoni absorbs these discharged electric energies from him. A woman's erogenous zones - mouth, breasts, perineum, rectum, labia, clitoris, vagina, cervix, and uterus - become loaded with emotional charge that builds as armor. The physical tension, pain, and stress that accumulate from old wounds of abuse, domination, and the emotional ownership of her libido by a lover, or father, become armored as the normal state of her yoni. Subsequently, like an infection caught from a man, she will need to release her built-up tension from the armor in her yoni through frequent masturbation or with sex focused on clitoral stimulation to achieve a surface orgasm that leaves her unsatisfied, frustrated, and depressed.

Signs of Armor in the Yoni

Signs of armor in the yoni manifest as feelings of restlessness, discontent, confusion, ungroundedness, exuberance, rapidly changing emotions and moods, sexual hunger, predatory 'man eater' behavior, frigidity, control of sex, and control of her man's libido, jealousy, inability to be with intensity. Or, the opposite extreme: distancing from intimacy and sexual numbness marked by the absence of sensation in the breast, mouth, anus, vagina, and cervix. Sometimes all these can be present at the same time in different configurations. This paradoxical intensity creates immense confusion!

Sex with Hypermasculine Men

Having frequent sex with a man over-influenced by the hypermasculine disposition builds armor in a woman's yoni and she learns from him to exhibit aggressive, rapid motions, often to the point of dissociation. Meanwhile, her unconscious, ego-driven predatory 'getting from' behavior - that man infected her with - overwhelms her capacity to be present to sense the *innate bliss* and the subtler, slower, micro-sensations of Love's sensuous pulse in her yoni. A woman's yoni under the guidance of Love expresses subtle micro-motions in her flesh. When there's a blurring of presence while making love, it not only adds tension and trauma to her mouth, breasts, perineum, rectum, labia, clitoris, vagina, cervix, and uterus to further numb or over stimulate her, also, she will also miss the micro-nuances of *innate bliss*: Love's subtle sensuous sweetness and beauty that flows throughout her body and expresses in her yoni's flesh.

Romanticized Love

From another perspective, since the beginning of her sexual maturity women have been culturally taught to entertain romantic daydreams and idealized fantasies about lovers and lovemaking to produce the excitement and tension needed to achieve clitoral orgasm. This surface orgasm increases the armor in the perineum, rectum, vagina, cervix, and uterus. Surface depression, remorse, disappointment, frustration, guilt, anger, and emptiness arise after your man has had his ejaculation in you, or after you have had a clitoral orgasm from sex or masturbation.

Practice Yoni-Heart Meditation while Masturbating

During Masturbation, practice your Yoni-Heart Meditation to become present to your sensations and expand your awareness beyond an exclusive

clitoral focus to a whole body erotic pulse. Also practice whole-body inner breathing while you *sense* the qualities in your yoni's inner-body space. Maintain presence to all your sensations: arousal, *innate bliss*, and Eros. During heightened build-up of arousal and *innate bliss*, or, amid intensity of your sensations, emotions, feelings, thoughts, fantasies, and during orgasm, continue to practice whole-body inner breathing, and inhabit your whole body space and *sense*. Open your heart space to receive the sensations of orgasmic intensity rising from Yoni-Heart so they can spread from the genitals and fill your whole inner body space. Slow down your stroking tempo to sense the subtle sensuous, micro-motions of your Eros, and let the sensations of innate bliss guide you in your erotic bodily expressions.

Innate bliss and the subtle sensations of Eros lead to Cosmic Orgasms that express through your whole body, and beyond into cosmic dimensions.

Behavioral Signs of an Emotionally Drenched Perineum, Rectum, Vagina, and Uterus

Much of our difficulty with celebrating *Sacred Body Rites* or *Sacred Consort Union* arises from fear of repeating past traumas, abuse, heartbreaks, self-betrayals, disappointments, disillusionments, ... As mentioned, we avoid repeating painful emotional experiences with lovers due to memories of unsatisfying lovemaking or abuse. Also, if we have over romanticized what Love is we may have built a fantasy world made of projection and over exuberance whenever we meet someone new. We try with all our might to make romantic love work based on our projections onto another of who they are not! This is compounded by the degree we have been influenced by the ancient cultural hypermasculine disposition - our ancestral-genetic heritage of hatred of the feminine, of the sensuous body, and the Sacred Earth. However, on an unconscious level we are also terrified of our Eros, of our desire, and particularly our arousal.

All these cumulative energies create armor and consolidate into a single energetic-psychic-emotional complex that forms the emotionally drenched 'self' of ego. This emotional 'me' is afraid of the feminine power of Eros. Therefore we control our sensuous expressions in our body when arousal builds by splitting the body into armored sections that are filled with tension. Most of the armor is stored in the erogenous zones: in the mouth, throat, breasts, solar plexus, and perineal-genital area. All painful or pleasant experiences encoded by the brain's limbic system are stored in the body, most particularly in the mouth, throat, perineum, rectum, and genitals. Barry Long in his CD book, Making Love says if the emotionally

drenched self is in charge of our intimacy, it will co-opt our sensuous expressions and shift celebrating Conscious Love into having sex solely for self-gratification. By the use of fantasy, foreplay, and a hyper-focus on clitoral orgasm and ejaculation, we lose the ability to celebrate Conscious Love in the present as a sensuous, whole inner body, cosmic process.

The Power of the Bonding Instinct in Women

We may be afraid to let the power of The Love rise from the yoni through the solar plexus into the heart and let Love have her way with us without control because of fear of feeling our past history. When armor in our body is over reactive it can trigger 'tissue excuses' and overactive expressions of the 'bonding instinct.' Therefore, we may come up with very good reasons backed by strong emotional feelings as to why we cannot let Love 'have us,' nor surrender to Love, or continue receiving *Sacred Body Rites* or practicing *Sacred Consort Union*.

Tissue Excuses

There are plenty of strong emotions and feelings in the armored genital tissues that bring up powerful thoughts and feelings to convince us to not fully open to Love. Besides armor that harbors unconscious emotionally drenched energies in the mouth, throat, solar plexus, perineum, yoni, cervix-uterus, and rectum mentioned by Barry Long in his book Making Love there's also the overwhelming female bonding instinct that drives procreation. This powerful force can convince us that opening to Love is risky to thwart us from doing so.

Bonding Instinct

For a female who is able to have a baby, bonding is a genetic imperative. It is the most powerful impediment in a woman that prevents her total surrender to The Love if she is unaware of it. The bonding instinct is designed to drive procreation. It is the deepest physical instinct, arising from the genetics of every cell. Therefore, it takes ferocious, fierce-hearted presence to see through this bonding impulse. Why? Because the procreative hormones create a longing for 'the one' male who will give you the seed to create your baby. 'I am saving all my love for 'him.' 'I cannot possibly surrender to The Love inside while practicing with a Sacred Consort.' 'What would happen if I did surrender to the inner Love with a surrogate? Who would I be? How can I possibly stand in my sovereign dignity in this Love - AS this Love?' ...

Fortunately, there is a portal out of this dilemma that leads to a new way of living. Let's look.

The New Eden

My Body is a Sacred Vessel Suffused with Love

If you want to explore a feminine version of Eden that lovingly, erotically connects with everything, then it is important to cultivate recognition of the hypermasculine complex. It helps to cultivate unwavering presence to your inner body sensations so you can 'be with' all the disembodied hypermasculine aspects of your conditioned self.

This means to consciously identify to unite with everything you are.

A hypermasculine disposition sits aloof in the head, above the body, and looks 'down' upon the objectified body and separates it into parts. Hypermasculine ego regards our precious body as a despised pack animal designed for our use. Body is looked upon as a mere lump that is not worthy of love, or as a sack that we can barely tolerate, which we have to drag around with us. Then add onto that the new age 'neo-advaitic' 'non-dual' perspective that "the body is not real, only the spirit is real!" (This may be a source of modern negative body image issues).

This contrived so-called 'non-dual' disposition is actually dualistic because it rejects half of reality: the feminine half: the body, the sensual, and all of manifest creation. From this neo-advaitic disposition, consciousness is the only reality. This consciousness is an unfeeling witness that sends its light of intelligence as an objectifying, distancing consciousness into the body from above. Consciousness that is devoid of feeling has no capacity for the tears of compassion, empathy, and love. It projects into the body from above yet, still maintains its distance by seeing but not feeling the sensations, emotions, and feelings that lurk 'down there' as uncomfortable messy aspects of self. This is a 'spiritualized' hypermasculine consciousness that fears Love, and it avoids feeling the feminine by controlling or avoiding the body's erotic sensations. Thus, ego exploits the feminine needs, desires, longings, tenderness, sweetness, Eros, innocence, and power, and it perpetrates upon her body a self-hateful disposition (see Recognition of Hypermasculine).

A woman's body is the Radiant Vessel of the Divine Feminine, emanating the original Indestructible Innocence of Criatura.

Woman's body is none other than the most refined physical expression of the Love of the Tender Mother.

The 'Fiendess' and the 'Enraged Killer'

However, when our consciousness is controlled by this hypermasculine, unfeeling witness consciousness it objectifies body, and subjects her to forms of self-hatred that create inaccurate body image distortions, eating disorders, self punishment practices, and cruel self-violent communication. Then our body's vulnerability, innocence, openness, sweetness, and emanation of Love retreats, and becomes deeply buried in unconscious self-hatred. When these intensified, unconscious energies accumulate, they will build-up and go underground to become an inner swamp that eventually has to explode due to the pressure created by suppressing Love's power. The intensity of pressure built-up from self-hatred, fear, doubt, and by controlling Love has to go somewhere. This creates a powerful psychological complex, that Barry Long calls the 'fiendess' in a woman, and what I call the 'enraged killer' in a man.

Control of the sensations of Eros when not allowed to flourish as authentic physical expressions turn into armor that can manifest mysterious illnesses of all sorts: physical, mental, psychological, and spiritual. These symptoms can also express as various forms of bodily self-harm, negative body self-image distortions, eating disorders, self-hatred, and self-violent communications that come from the harsh inner critic. The inner critic encourages feelings of disdain toward our ever-changing chaotic moods, inner instability, restlessness, confusion, lack of ground, irritability, inability to be with intensity, confusion with no sense of ground, center, or direction. These erratic behaviors and emotional outbursts that arise from hypermasculine repression and control are not pretty, as you well know if you have ever experienced the fiendess in a woman, or the enraged killer in a man.

Barry Long in his CD, Making Love fiercely warns us that when the fiendess explosively expresses herself, rarely can a man stand up to her, and he will allow himself to be castrated to avoid her wrath. Long's observation is brilliant, and the same applies to a woman with respect to facing the enraged killer in man.

An even more challenging fierce-hearted practice Long says is "Until you know the fiendess, (or the enraged killer) you cannot know love."

Therefore, the way out of this predicament is to clearly, unflinchingly see, be with, and most importantly, sense all aspects of our selves - as they are. While at the same time to let it be, and remain unwaveringly present to sensations as 'the given' in undefended open-heartedness. The hypermasculine consciousness affects us all, and its influence penetrates deep in the unconscious all the way into our cells, beginning at conception!

Sacred Masculine Practice for the Woman

Refrain from negatively labeling and harshly judging the hypermasculine consciousness, or criticizing your ever-changing emotions, fluctuating states, bodily and human needs, feelings, or your behavior. Recognize it, admit it, be with it, and sense.

The way through this powerful portal is to sense your inner body qualities of sensation amid intensity or intimacy and be with it while you leave it as it is. To be with your sensations - as intensity or intimacy - in relaxed openheartedness restores the balance toward the positive masculine. This Sacred Masculine practice is to let free-flowing attention and unwavering sensing presence to be with your inner body sensations, amid a tender open heart. This disposition inherently possesses Love for 'what is' with utter feeling and inner body receptivity to all that the feminine emanates. Receiving your sensations as 'what is' as 'the given' about yourself is the only way I know for the hypermasculine disposition to shift its control over our Eros and let Love be in charge. Once Eros is freed, Love unites with your attention, frees it, and your body returns to a primordial state, expressing as an Innocent Fount of Radiant Love.

It so happens that you model the Positive Sacred Masculine by practicing free-flowing attention and sensing presence to your inner body sensations in unwavering, open hearted spaciousness that welcomes all expressions of Love 'to be.' Cultivate receptive, openhearted, sensing presence for whatever sensations the feminine manifests - be it an expression of the inner or outer woman:

To let her be here, just as she is, invites Love to pulse throughout woman's body as Yoni-Heart that emanates her Radiant Gloriosa: Criatura.

This positive masculine practice gradually quiets the inner war, and the resulting inner harmony creates free space in which the inner feminine - as Yoni-Heart that pulses as Love - ventures out to play more and more. Love pulses from Yoni-Heart and begins to emanate as sensuousness from inside the woman's inner body space, which unites all spiritual, psychic,

emotional, and bodily separation. In turn, this heals the fragmented hypermasculine dissociation of consciousness. Once the fragmented parts of male consciousness reunites with The Love as a gift from a woman, it restores a man to his rightful place of offering his 'dynamic sensing presence as holder of opposites.'

Your inner Positive Sacred Masculine emanates a grounded, deeply relaxed, present, sensing awareness inside your body. It bestows bodily relaxation, inner safety, love-suffused sensuous presence, confidence in Being, and Trust in now, and you enjoy a harmonious embodied inner sensuous relationship with the inner feminine.

Jung characterizes this as a birth that occurs after the death of the 'Hero' (hypermasculine). Then the 'Coniunctio' or Sacred Union between the Sacred Masculine and Divine Feminine gives birth to the Divine Inner Child who expresses the Original Innocence of Criatura - the body in its primordial state as the Sacred Vessel or Holy Grail.

Unwavering sensing presence provides infinite space for all expressions of the feminine. This alchemical substance transubstantiates and restores body to its natural state as Holy Grail. Your life will never be the same after Yoni-Heart awakens and your body becomes a continuous fount of infinite Love that is in erotic connection with everything. This is enfleshment from which you cannot go back to the trance of a virtual hypermasculine life.

Feeling Loved

Enfleshment is an actual realized state after Yoni-Heart awakens in which your body becomes Love. This Sacred Union between body and Love will stabilize in you as you repeatedly bodily experience feeling loved: When receiving the intimate touch of Sacred Body Rites, see if you can let in the rapture of the innate bliss, the sensuous inner flow of Love as it emanates inside your inner body space. Let Love have you.

Allow Love to suffuse your three centers - head, heart, pelvis - and absorb the innate bliss into your flesh amid all self-violent inner dialogue that arises from the critic ... then, Love will suffuse your flesh as Sacred Union. This practice increases Loves' presence in Yoni-Heart that breathes sensuousness throughout your inner body space, which so thoroughly suffuses your flesh with rapture that your body is devoured by Love.

Daily Self-Practice: Yoni-Heart Meditation

Every day, whenever you can find quiet time, abide in your personal inner-body Stillness, and sense the sensations in your inner body space. In inner Stillness, sense and be with the subtle nuances of the sensations of your inner body - as the sensations of Love's Breath flowing in your inner body space. When Love's sensuous flow express in your inner body, open to the sensations, receive them, take the sensations in, let them have you, and tend them by orienting your awareness inward to anchor your embodied sensing presence with the sensations of Love.

Your disposition is receptive, openhearted, undefended, sensual, in loving regard - you utterly die into Love - you ask Love to:

“Take me as much as you give yourself to me.”

This surrender to Love is the 'death of control' that gives birth to unbroken inner contact with the sensuous flow of Love in your body.

To maintain contact with the inner body sensations of Love, live your life in synchrony with the slower tempo of your Yoni-Heart's inner body sensations, and adjust your life-pace accordingly so you can remain present, inwardly oriented, in contact with Love's subtle inner body micro-nuances of Breath, and bodily live this Love. In Yoni-Heart you have a specific portal to intimacy through the inner-body tone of Stillness by which you can live this Love while you are in the marketplace: To orient inwardly, and live in a slow inner tempo in sensuous contact with Loves' inner body flow is the secret to living in Eden while fully living your life inside the hypermasculine matrix.

Inner Receptivity to Touch

Another powerful practice for restoring Yoni-Heart and body to its original Indestructible Innocence as Sacred Vessel of Love is to receive into yourself the erotic sensations while being bodily loved through Intimate Touch during *Sacred Body Rites*, or while making Conscious Love with your Sacred Consort.

If you bodily open, trust, surrender, and fully receive the sensuousness of Love that flows as Eros in your inner body unconditionally, amid all the protests of the hypermasculine, you will enjoy an extremely powerful alchemy for bodily healing and wholeness of being:

We are all afraid of our Eros, of our desire, and we are terrified of arousal! Therefore, we dare not allow the sensuousness of Love, nor will we surrender unconditionally to receive Love, or let it in during intimate touch for fear of self-violent communication, and re-experiencing hypermasculine's brutal self-punishments.

Receptivity to your erotic sensuousness during Sacred Body Rites

Receptivity to arousal to build *innate bliss* of your erotic sensuousness is 'the walk' of unwaveringly being with, and sensing all the intensity - of fear, hatred, suspicion, doubt, recoil, control, false boundaries, spiritual by-pass, desire, or arousal - while you are being touched, without acting on any of it.

We are unaware of how terrified of arousal we really are.

Sacred Body Rites restores body's Original Indestructible Innocence: Criatura is Holy Grail, over brimming with Mother Love for the benefit for all. The Mystery of 'body' is its power to emanate Tender Mother Love that unites fragmented aspects of consciousness, restoring Wholeness.

Consciousness, when made Whole, provides the space to evolve Love.
This is the secret to a Sacred Marriage that never ends.

Feeling Safe

To bodily open to, receive and be with our sensations, desire, longing, and arousal that is present during Sacred Body Rites you need to feel bodily safe, which requires that you feelingly inhabit your inner body space. 'Feeling safe' is not an outside job, having to do with the environment or the behavior of another we have objectified 'out there.' Rather, feeling safe arises by being in your body and sensing the qualities therein to realize how that feels safe.

Practice With A Vertically Aligned Sexual Partner

As mentioned, inhabiting your inner body space with sensing awareness is different from looking down into the body from above with an unfeeling witness consciousness and sending love 'down there.' Practice trust with yourself, and with your Sacred Consort with whom you are celebrating *Sacred Body Rites* or *Sacred Union*. Your partner must be in impeccable contact with his authentic boundaries, and be guided by the sensuous inner flow of Love, in unwavering sensing presence inside himself.

He touches you without projection, and does not leak his desire and need into your body, treating it as an object. He does not energetically penetrate inside your inner body space to find problems in you to fix, heal, move your energy, balance your chakras, 'do to,' or 'get' self-gratification from you.

When you are touched by a vertically aligned man who inwardly abides inside his inner body space, amid his authentic boundaries while resting inside the dynamic tension of opposites, then your inner feminine flow of sensuousness and the *innate bliss* of Eros is free to arise, emanate, come out to play, and suffuse your whole inner body space with soft, sweet, orgasmic, sensuous ecstasy, and arousal amid increasing depth of intimacy and intensity.

Receiving your sensuous inner erotic flow increases *innate bliss* and the potency of your Eros, suffusing it with The Love that awakens Yoni-Heart and restores your bodily flesh to its original state as Holy Grail - Criatura

While receiving intimate touch, not only do you allow yourself to bodily enjoy the sensuousness of *innate bliss*, the erotic splendor, desire, longing, and arousal, you also practice unconditionally being with hypermasculine intensity or powerful emotions that arise inside you.

This includes all the objectification, separation, naming, labeling, spiritual by-pass, self-violent communications, self-hatred, suspicion, undeserving, guilt, and fear, ... of being deluded, tricked, abused. Having doubts about *Sacred Body Rites* or *Sacred Consort Union* practice as being 'wrong' because it evokes feelings of Eros, need, desire, longing, arousal, and Love. The hypermasculine will label this as 'bad,' as well as create projections that we put on the Consort as abuser, perpetrator, the Lover, etc....and on it goes. All these energies may arise, yet the practice is to maintain presence to sense them without acting, or reacting, to them.

In other words we do not let these energies 'behave us.'

The practice of abiding in the 'dynamic tension of opposites' means you can feelingly be with any intensity, intimacy, or paradox whether it is recoil, avoidance, shut down, or deeply cosmic erotic orgasmic sensations, powerful desire, arousal, fear, rage, abuse, etc. Whatever it is, you let it be inside, as it is, without projecting it onto an object, a situation, or your Consort - 'out there' and then act on it as your guidance.

Not acting on your projected thoughts and emotions is a huge threshold to

cross, and few ever cross it: To not be bodily controlled by, or act based on emotions and thoughts that are based on the past is the portal that leads instead to be moved by the sensations arising from the inner body space.

This process of abiding in your innerness, and being with sensations of intensity or intimacy, reverses the direction of Love from 'up and out' of the body, creating separation, to 'inside and down' into the body until all your cells unite with Love and which gives birth to your Yoni-Heart.

While abiding in your innerness with your desire, the energy of Love implodes inside the cells as the potency of Love's Radiance into the inner body space that then suffuses all your cells with 'The Love that unites all things,' which is felt as an erotic connection with all that is.

Practice free-flowing attention, amid unwavering presence, by being with the sensations of intensity and intimacy that arise inside - ecstatic or uncomfortable - and letting it be as it is without adding self-critical commentary to the already critical commentary is what gradually heals the hypermasculine imbalance, and restores Wholeness to body as a realized union of Love and Consciousness.

By now, you get the fundamental importance of facing the hypermasculine disposition that objectifies body, is afraid of the feminine, and creates the dissociative, body-mind split, and spiritual by-pass. Without recognition of the hypermasculine, awakening Yoni-Heart and enjoying utter bodily union with Love, as enfleshment, is fantasy.

Precise details of how to offer *Sacred Body Rites* are contained in the training manual given to you if you choose to Mentor and Apprentice in *Sacred Body Rites*.

Support for Men

Barry Long in [Making Love](#) says there is not a man alive who is not compelled to masturbate even when living with an active sexual partner. However, when Love awakens in the man's body through regular practice of letting Love be in charge of his penis while inside his partner's vagina, his need for ejaculation will gradually subside. Meanwhile, until that occurs, he can help the matter by masturbating without inner images of lovers, or he only uses inner images of the vagina, and not use fantasies of inner pictures of women's faces.

I recommend that men maintain sensing presence in their inner body space - by whole-body inner breathing through the inner breathing portal in the perineum and genitals. When you practice this while masturbating it spreads the ejaculatory intensity from the penis to the whole inner body space in which whole body orgasms occur without ejaculation. If you ejaculate, do not lay a guilt trip on yourself; keep guilt out of it, says Long.

When a man's penis is not surrendered to Love, he will be over-excitabile and can become sexually aggressive and domineering at the slightest hint of sex. A hypermasculine driven male is helpless controlled by his animal, testosterone-driven need to procreate. This reveals the cruelty in woman's teasing and flirting with him, and her irresponsible disposition toward man's inherent sexual-animal nature, which perpetuates a vicious cycle.

If emotionally drenched complexes drive the man and woman, and possessed by hypermasculine consciousness without Love, a vicious cycle ensues: man is compelled to 'get from her,' through aggressive, dominating sex without Love. He suffers premature ejaculation that abruptly ends the possibility of a woman celebrating Love with him.

Woman in turn, increasingly develops unconscious fear of man's hypermasculine aggression and his unconscious hatred of the feminine. She feels hateful-in-kind toward the man for using her to have sex without loving her, and she will tease and withhold from him, which thereby increases man's frustration, and deepens his aggressive and dominating behavior toward her out of his hatred for the feminine for her not giving her Love to him. Acting out this vicious cycle during intercourse, or while withholding, both partners will collapse and defer to a self-created mutual fantasy inside them selves, and each will use the other to self-gratify through genital orgasm without Love. There is no ability through fantasy, in the dissociative frenzy of exuberance, automaticity of bodily motions, and static-filled intensity therein, to sense the sensuous nuances and subtle, erotic body sensations of Love flowing in the inner body space.

Castration Terror

Being repeatedly subjected to a woman's 'fiendess' or, when a woman due to jealousy emotionally controls her man's libido through teasing and then withholding, may trigger in a man a powerful emotional complex known as 'castration terror.' Many men will do anything to avoid the perceived terror of 'castration' that harkens back to circumcision. However, once a man feels castrated, he becomes deflated in his creative drive in life.

Many men are trapped in this complex, and one of the cruelest acts one person can do to another is to take away one's vitality in the name of compliance to another's manipulative will over them.

When a man's intimate partner feels she owns his libido, she does not trust him, and suspects his activities, is jealous of him if he associates with any other women, and is fearful of losing her man then, her fiendess will rear its controlling strategies over his libido by wielding her sexual power over his sex drive. This control is expressed through teasing and tormenting him with the promise of sex and then withdrawal of it, by jealousy, rage attacks, and even violence. Most men cannot stand up to a woman's fiendess and will not confront her. He becomes her emasculated slave to escape her volatile emotions and onslaught of cruel punishment. Fortunately Sacred Body Rites sessions with a female practitioner can provide a portal out of this complex through Sacred Touch of the testicles, penis, prostate, and perineum. In the same way, a woman self-heals when she receives from a male Sacred Body Rites practitioner.

Woman and Man in Love Play

After sufficient practice in celebrating Conscious Love, when emotionality is no longer in control, Consorts can let go of the practice of no foreplay recommended by Barry Long, and can enjoy Love Play.

Consorts let Love be in charge during touch, kissing, oral, and anal Love. Consorts joyously discover a new delight in oral and anal Love. When practiced during Conscious Love, the mouth and anus of the female are revealed as secret chambers that when opened like a flower becomes three aspects of one Yoni-Heart. This revelation completes the circuit of Yoni-Heart's ascent and descent of the currents of Love, which utterly unite.

Long says, that man adores woman's yoni as the Holy Shrine, the eye of God that he worships in holy reverence. Touching, kissing, gazing, and entering the Holy Shrine with his fingers to further soften the armored muscular walls and membranes of the vagina as a Divine act in which body as Love is more deeply revealed. Woman may practice fully receiving man's worship of her, breathing in its impact through the pores of her whole body to sense the inner flow of Love therein.

A woman can receive the Holy Shivic Power in man by placing his Lingam-Heart in her mouth, alternating between moving with the flow of Love and remaining in total Stillness. If man does not go into excitability and remains inwardly still, then she can absorb vast unwavering Shivic

consciousness, become opened, and blossom into the infinite Black Stillness of the Absolute while she dissolves to become one with Love.

Support For Sacred Consort Union

Vagina and Penis as Organs of Love

Love is in the present and does not contain projection or over-excitement even during an orgasm. Orgasm will come for both partners when Love deems it so. Orgasm inside Love is a cosmic, whole-body ignition that expresses as prolonged, repeating inner waves of sensuous erotic bliss that gradually builds. There is no trying, no wanting, no getting to a goal, no attachment, and no hurry to get the orgasms over with. Rather, there is sensation of ever-growing pleasure of innate bliss and beauty in the present.

Whole-body orgasm with ejaculation under the charge of Love becomes a powerful quantum initiation that increases the embodiment of Love to a depth, degree, and on new level of coherence: Whole body cosmic orgasm leads to Love's deeper enfleshment.

Both lovers unite in the present where Love is all that is. They mutually enjoy union with Love inside themselves while united with each other's flesh. Spiritual union and the Consort's united flesh are indistinguishable from Love, or from each other's flesh. Union is so potent it is as though the flesh-to-flesh interchange of Love continues despite that the physical bodies have separated and are no longer physically celebrating Conscious Love. Each partner's distinct sense of feeling physically united while celebrating Conscious Love continues unabated despite being separate physically.

The present contains no self; it is pure consciousness that expresses as Love. Consciousness transmutes lovemaking into celebrating Spiritual Love to realize Sacred Union with all that is all the way into the flesh.

By celebrating Conscious Love often and regularly, there is an increase in Stillness and peace, and a decrease of emotionality and anxiety in the day-to-day lives of the Consorts. Eventually, with prolonged practice of Conscious Love Consorts will feel that they are living as one flesh united as One Love.

Completion Stage Realization: Love becomes Flesh

Living a life of realization in the *completion stage* is a sensuous journey in which Consorts are bodily immersed in the ocean of Love.

Yoni-Heart

Yoni-Heart is open, soft, wet, effortless, innocent, receptive, passive, and undetermined as a living organ of Love. Vagina that becomes an awakened Yoni-Heart lovingly absorbs all the aggression and frustrations of man. A woman who has an awakened Yoni-Heart is capable of transmuting the world with her infinite Love.

Lingam-Heart

The penis that is a living intelligent organ of Love is Lingam-Heart. When man can give to his Consort his unwavering presence while abiding in Stillness with his undefended open heart, he will bodily receive and absorb through his penis all the energetic tensions held as armor in his Consort's mouth, lips, anus, vagina, cervix, and uterus so she can release her old pains and emotionality. With practice with her Consort, her entire Yoni-Heart will increasingly soften while he remains stable, present, unrushed, gentle, open hearted, and undefended to receive and bodily absorb her energies that create armor.

Eventually, her precious feminine energies of Love will arise, gather, and pulse from Yoni-Heart. Then Love suffuses her whole body and transmits Love to her male Consort. In turn, man's fragmented consciousness becomes more stable, present, and whole. He is then able to gather and receive more energies of Love with the magnetic, illuminative power of his Lingam-Heart, and he can behold and absorb them despite the near unbearable radiance, beauty, sensuousness, and glorious splendor of Love.

Can a man receive and bodily absorb, as his gift to her, the complete surrender of woman's precious Love, which is her ultimate gift to him? His capacity to be present to her Love displays his spiritual capacities as man.

Only what he can take, can she give ...
Take me as much as you give yourself to me.

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