

SkyDancing Tantra® Practices



Lesson Handout:

Opening to Trust / Moving Beyond Resistance *Three-Part Communication Exercise*

These practices are based on Margot Anand's *Art of Sexual Ecstasy*.

Purpose:

To practice the art of conscious communication — bringing awareness and intention into the moment; naming, healing, and releasing fears; and identifying truth and communicating what we want. The focus of this practice is to share and receive the truthful expression of our deepest feelings, create more energy and aliveness, and establish a bond of authenticity and trust with ourself and our partner.

Tips and Advice:

- ✓ Speaker: Remember to speak what is true for you in this moment. Breathe in a relaxed manner to stay centered.
- ✓ Listener: Maintain eye contact. Don't interrupt. Ask questions for clarification only. Be a compassionate neutral observer. Breathe in a relaxed manner to stay centered.

Practice (Three-Part Dialog):

(based on Margot Anand's *Art of Sexual Ecstasy*)

After you have both created a safe, sacred space (see Sacred Space Handout), sit comfortably facing each other. Begin the practice with a Heart Salutation.

Part One (Intention and Awareness)

- Purpose: To practice the art of showing up, being present, speaking truth, and listening well.
- Practice: Taking turns as the listener and speaker, state your intentions (what you want/desire from this interaction), fears/resistances (what might be in the way), and any relevant boundaries/needs (what's OK/not OK during this interaction).

Part Two (Naming and Releasing Sexual Fears)

- Purpose: To acknowledge and release negative attitudes, promote trust and intimacy with your partner, and dissipate fears that block sexual ecstasy.
- Practice: Taking turns as the listener and speaker, the listener asks the repeating question: "What are your fears about sex or your sexuality? What is your most recent experience of it?" If the speaker stops or gets stuck, the listener simply repeats the same question(s).
- Healing Visualization: Both partners close their eyes. Ask yourself: "Am I willing to move beyond, or let go of, the fears/resistances I may have set for myself?" With affirmation, visualize a positive, supportive scenario in which your lovemaking unfolds without the fears you mentioned (or heard). Allow the scenario to unfold in the most pleasurable and loving way you can imagine. Say to your inner self, "I allow myself to experience love and be fulfilled by it. I give myself the power to ask for what I need and allow it to happen." After a few minutes, open your eyes.

Part Three (Communicating What You Want)

- Purpose: To identify what brings you pleasure and joy, and to practice asking for what you want.
- Practice: Taking turns as the listener and speaker, the listener asks the question, "How do you want to be loved from head to toe?" When you are the speaker, be specific, in terms of how you want to be approached, how you want to be loved, the places on your body you want touched, in what way, etc.

End this three-part communication practice with a Heart Salutation.

Closing Feedback:

Wait at least one hour, preferably till the next day before discussing any reactions to what came up during this practice. Give yourself time to integrate the information and lessen any negative emotional charge that the words may have had. If you do discuss this exercise, share: (1) What was the most difficult moment in this exchange? (2) What did you learn to improve and enrich your relationship?