

Heart Pleasuring Practice

*from The Sexual Practices of Quodoushka - Teachings from the Nagual Tradition
Amara Charles p. 244-245*

- Begin to self-pleasure in your favorite way - manually, vibrator, running water, etc.
- As you continue to self-pleasure, begin to focus your energy and intent on your first chakra.
- With your inhalation, imagine pulling the energy into your first chakra; and as you exhale, imagine pulling the energy into your genitals.
- Continue self-pleasuring as you focus on the first chakra until it feels very “full”.
- Next, move your awareness to the second chakra below the navel*, and repeat the same process inhaling and pulling the energy into the second chakra and exhaling as you allow energy to expand within the second chakra.
- As each chakra becomes full and you feel the energy is rising, move your awareness to the next chakra. When you reach the heart chakra, create a large loop of energy from the first chakra to the heart and back to the first.
- As you become more excited, increase the pace of your breathing. With your inhalation, pull the energy up to the fourth chakra, and with your exhalation, send it out the fourth down to the first again.
- Once you begin to feel sensations around your heart, bring yourself almost to the point of orgasm. But right before you come, just before you would have gone over the edge, completely relax.

Do this three times, bringing yourself to the brink of an orgasm, but instead, totally relax your entire body. At this point, focus all of your energy into your heart chakra. On the fourth time, allow the orgasm to explode while you focus all your energy on your heart chakra. Imagine radiant warmth emanating from your heart.

Note: In this map of the human luminosity, the chakras have a slightly different placement than many other systems.

The first chakra is around the tip or the base/underside of the penis for a man, and for women is a circle about 3–4” in diameter above the body, around the clitoris and vaginal opening.

The second chakra is at the pubic mount, about 3–4” below the navel.

The third chakra is located around the navel.

The fourth is around the heart/sternum (closer to the xiphoid process, lower down in the chest than other systems place it).