

Sacred Sound & Sacred Sexuality

Sound and sex - two topics that most of us find fascinating! Whether we're not getting enough or are fully satisfied, these two subjects are ones that most of us have some level of curiosity about. Sound is all around us. Sex is what made us (the big bang!). So, what do they have in common? Is there a way of linking the two? Could using sound intentionally create a better sex life and more satisfying intimacy? Sex and sound have been with us since the beginning and still contain a great deal of mystery that our minds cannot fully comprehend, yet we engage with sound and sexual energy (creative life-force energy) on a daily basis. I have found through my own study and research that using sound in an intentional way in Tantric practices, in intimate relationships, and in orgasmic exploration is one of the secret keys to helping both men and women experience greater pleasure, deeper intimacy, more satisfying orgasms and a better quality of life. Let us explore this more deeply.

Tantric practices have been widely accepted and practiced throughout the West in recent years, and Tantric circles and groups as well as Tantric therapists seem to be more common these days. Tantra, which means "to weave," is the ancient practice which includes yet is not limited to using sexual energy to fuel our awakening through embodied practices. It is the path of pleasure. Pleasure, which is experienced through our five senses, is embraced fully, including our sense of hearing. Sound is traditionally used to awaken and access sexual energy at the base of the spine and move it upwards, often referred to as "the rising of kundalini." Music is one of the most important parts of Tantric rituals and is not limited to a particular kind of music. Depending on what the practitioners are trying to access, different sounds are used from fast drumming to wake up the primal energy, to slow harmonious sounds to soothe and calm the nervous system, to ethereal sounds designed to connect us to the spiritual realms and access our higher selves. Sound is a vital part of the awakening process. Toning, chanting and kirtan are also used to invoke the Great Spirit and bring into harmony love in the heart chakra with the sexual energy being awakened in the sacral chakra. Tantra views pleasure as medicine and is designed to open up all of the energy centers in the body to allow love and consciousness to flow through more easefully. And what greater pleasure do we get to experience than that of pleasurable sound?

For those who are not interested in pursuing a Tantric path of ritual and practice, how can sound be used to help improve intimacy with the one we love in the bedroom? First and foremost, listen to the sound of your breath and of your partner's breath. There is nothing more calming than the sound of the breath (pause and listen to your breath for a moment). The sound of the breath is technically considered white noise and helps break up frequencies that are stuck. This is one of the foundations of yoga practice - ujjaya breathing - and is what creates a deep calm in the mind and body. Mental and emotional "stuckness" is often what limits us in the bedroom. Next time you dive into the arms of your lover, try being fully connected to your own breath first and then to your partner's breath. Next, synchronize your breaths into a harmonious rhythm. You'll be surprised at how quickly this brings you into the moment! And in my experience, mind-blowing sex only happens when you're fully in the moment.

Sound is not limited to what we hear, but is also connected to rhythms, so connecting to another's breath rhythm and heart rhythm helps to get lovers on the same frequency before, during, and after lovemaking. In addition, bringing some playfulness with musical instruments and sound healing tools such as crystal bowls, rattles, flutes and drums can invoke a childlike curiosity in the bedroom as well as bring more harmonious frequencies into the body, heart and mind during intimacy. Speaking of rhythm and sound, dancing is helpful too and sound is felt fully through the body when you dance, so find the dance you share with your partner when lovemaking. Lovemaking is a dance, in my opinion. Or better yet, take time to dance together before or after intimacy. There's no right or wrong way when doing your unique dance together.

Toning with and on your partner is also a very effective way to get out of the head and more into the body, another access point to great sex! Toning directly on the sexual organs or erotic parts of the body is a fantastic way to get the sexual juices flowing. Try it! Whispering sweet nothings into each other's ears is known to turn each other on and open the heart. Also, toning the sound of love is a great way to bring the quality of love into the bedroom while accessing the sensual and primal energy of sex. It's when these two are brought together-heart energy and sexual energy-that deep and satisfying sex and intimacy can blossom, and sound can be one of the keys to accessing this. Surprise! You are now practicing basic tantra. (wink, wink)

Now, let's talk about sound and the big O - Orgasm. Think back on the most intense and satisfying orgasm you ever experienced. Were you quiet as a mouse? Or did you roar like a lion?! Sound is one of the basic and crucial ingredients in expanding your orgasmic experience, improving your sex life and empowering yourself, especially as a woman. Sound is related to the throat chakra and being blocked in this area can relate to challenges to other areas in your life as well (more on that later). Expressing sound during sex helps you to connect to your voice and power, and those who express sound in the bedroom tend to also be more expressive in their lives and vice versa. There are many benefits of making sounds in the bedroom during sex, some of which are: experiencing more sexual pleasure and more freedom in bed, healing from trauma especially around the voice and sexuality, making orgasm more accessible, facilitating more full body orgasms, lengthening orgasms, helping find your voice, helping boost confidence, encouraging creativity and expressiveness, decreasing shame and guilt around sexuality, bringing pleasure to your partner and encouraging your partner to do the same, and collectively healing our voice so that it's more culturally acceptable to make sounds. So, what is the point of all this? Scream baby scream! Let the lion/ess out and ROAR!!

Finally, there's one more topic I'd like to discuss and that is using sound through your voice to speak your truth and ask for what you want in bed and in your intimate relationships. We have been gifted this amazing instrument called our voice, yet some of us have been conditioned to not use in the way it was meant to be used. We hide, we don't speak our truth, we say yes when we mean no, and no when we mean yes. Can anyone relate to this? A lover once told me, "In bed, everybody is responsible for their own orgasm." What does this mean? If you don't communicate, the other person simply won't know what you want and it's not their fault. We need to speak up about what we want in bed and how our lovers can give us the pleasure we deserve. A lot of people, especially women, are not getting satisfied simply because they're not communicating from their truth what they want, what turns them on, how

they experience their unique pleasure and how their partner can satisfy that. It is a disservice to the ones we love to not ask for what we want. How we speak is also of importance. Speaking from a place of love that is direct but with compassion and expressing your needs in a way that invites your lover to want to give from their heart to yours. Communication is key to a satisfying sex life and healthy relationship and the voice is the vehicle to make this happen.

(Conclusion ends in a song and dance)