

The 6 Levels of Sex and How To Lead Her Up Through Them

"Laugh, love, be alive, dance, sing, become a hollow bamboo and let His song flow through you."
- Osho

This special report is an absolute must if you want to:

- (1) Experience the full range of erotic sexuality with your partner(s).
- (2) Avoid the pain, miscommunication, accusation, heartbreak, anger, and retribution that often accompany sex.

The problem occurs when each of you think you are having a different kind of sex. You might think it's a quick roll in the hay; she might think your hearts are connected.

What you are about to learn is how to make sure that you are both aligned. This report will ensure you both know where you are before you start and as you progress through any particular sexual encounter.

This is high-level sexual communication and connection. Most women will never experience a man who can offer this kind of clarity and direction.

And very few men know how to do this.

So get ready to have women bond even closer to you after you lead her through this process. This level of sexing is far from what people learn about in popular culture.

I owe a deep debt of gratitude to my good friend and inspiring teacher, Dr. Marc Gafni, a controversial, profoundly educated mystic and raw soul. Dr. Gafni introduced me to the idea behind these 7 levels of sexing and to the importance of understanding (together with your lover) what the hell it is you are doing together at any given moment during a dive into sexual immersion.

With the foundation of knowledge you will gain from reading this report, you will be able to lead your lover into whole new realms - not merely of sex, *but of*

self- and mutual- understanding. She will be profoundly grateful - and yes, impressed – that you are a man who possesses such subtlety of knowledge and spiritual depth.

Young women especially look to men of experience to show them new landscapes of life – and not just the material landscape (although, naturally, that's the most obvious and often the first one that comes to mind for them). Not just restaurants or vacation getaways or a ride around in fancy cars. Any guy with money can do that.

It's a "weak bond."

What you are about to learn, by contrast, is one of the strongest bonds you can possibly master. You will learn the bond that will inspire devotion to both you and your pleasure; a bond that will lead to her discover the outer reaches of her own pleasure.

You are about to gain the ability to lead her into all the luscious and deep neighborhoods of the landscape of her sexual soul. If you do this right, you will become something of a genuine sexual mentor for her, a sexual healer... a tour guide.

These 7 levels – ranging from the animalistic to the most profound "boddhisatva" (healing sexual communion) - are each important and of great value.

But here's the thing to remember: I don't want you to think that one is "better" than any of the others.

Each brings a unique experience of opening, of pleasure, comfort, connecting and healing. There is an appropriate time for each of the levels, and that's fine – as long as one of you doesn't think you are deeply communing while the other is just there for the banging. That's where people get wounded - where isolation and trauma are triggered, and anger and resentment seep in.

As you grow deeper with someone and in your sexing, you will not leave the first levels behind. Instead, you will integrate those raw first levels into who you are together, bringing the unique energy of each with you. Nothing is rejected. Nothing is repressed. It's all brought along for the ride.

This program is a way for you and for her to say *YES* to all kinds of sexuality; to play with all the levels in the spirit of experimentation and openness; to experience without judgment.

You will notice that this approach is very distant from our monotheistic religious noise about sex and sexual thoughts being sinful, while the spirit remains something “other” than the body.

As you know, I think the separation of the spirit from the body is nothing less than a crime against humanity; our society will only continue to agree.

This teaching of self-hatred echoes all the other teaching of hatred – whether ethnic, racial, gender or religious.

By stark contrast, what you are about to experience here is an immersion in *sexuality as an EXPRESSION of spirit*, Eros as an expression of your full, self-loving, integrated humanity - as an expression not only of yourself and herself, but of “source” or the supra-personal “life force” through your bodies.

This report is about being both a connoisseur and a master communicator with your lover - so you both know *how* you are making love and at what levels. This will ensure that expectations are not different, feelings are not scarred, and misunderstandings don't ruin what would otherwise be a sexy and beautiful encounter.

With what you learn here, women will sense you are skilled, knowing and sensitive to their reality - way beyond the capacity of any lover they've ever had before.

So enjoy this dive into the 7 levels of sexing. Read them without judgment. Open yourself to all of them – and invite your lover into each both of you are ready for them.

LEVEL 1: Raw Sexing

This first level, Gafni calls *vital sexing*.

It is primal and wild. On this level, he says...

Your desire is to penetrate and be taken. You want to thrust forward and be ravished. You want to hold and be held. You are clutched in your very depths by the urge to merge. This moment in sexing might be hard and fraught with vital passion, as in the Nine Inch Nails song lyrics, "I want to fuck you like an animal."

You can have this kind of sex with a girl you meet at a club or with your wife of many years after a thrilling day.

It is fun. It is wet and transgressive. It can happen in a bedroom or a restaurant bathroom, the back of a plane or in an alley way.

It is done for mutual excitement; "high pleasure" rather than "depth pleasure," where the aim is keep each other safe, but also leave no "karmic" trace. Just two bodies colliding in mutual pleasuring.

Level 2: Separate-Self, or Personality Sexing

This second level of sexing is one of the most common. To understand what I mean by personality sexing, you have to know what it means to have sex - and to see someone – beyond personality.

In the Buddhist tradition, there is much talk of dissolving the ego into oneness so that ego disappears. But in our actual world, it's hard to believe that ego ever really disappears. More so, I'm not so sure that you want ego to totally disappear.

Nevertheless, it is possible to see your lover, and everybody else, as a being who is not limited to his or her personality. There is a part of everyone, beneath our quirks and uniqueness, that is an animal being who wants safety and acceptance; to love and be loved. There are layers of neurosis and personal need laid over this humanity, but focus on who someone is beneath it.

These are the moments when you feel the deepest love and connection with other human beings – not merely liking them for their talents or insights, but loving them for being pure wells of a near innocent openness to love. Does that make sense to you?

One of the best explainers of this is David Deida. In his work, he shows you how, when you're open to the greatest breadth of the moment, you can see your lover and yourself as two hollow reeds through which love is encountering love. In this place, personality doesn't matter. Love is washing through you and you and your lover are mere vehicles for something larger and more powerful than your mere personalities can create.

Okay. Those are some pretty big ideas.

With that distinction, let's return to Level 2 – which is sexing on the level of two personalities. You could call it ego sexing or "separate-self" sexing. At its root, sexing at this level seeks comfort. According to Gafni,...

Separate-self sexing is born of anxiety. Its goal is to soothe through arousal. Separate-self sexing is virtually always aroused by some version of the following dynamic: your separate-self ego is tossed to and fro in a painful, competitive world. Something in the present triggers an old feeling of hurt or wound. You then respond to the present through the prism of the past. This prism deflates or deadens the moment's natural aliveness. In the deflated deadness of the moment, when you simply feel bad, you consciously or unconsciously seek comfort.

The comfort that we so often seek when the past or future causes stress comes in the form of the powerful, present arousal that we get through sex. Pleasure, Gafni writes, both "engages and transmutes pain," perhaps for just a moment.

It feels good. In fact, it often feels great. And sometimes we all need to be comforted in this stressful global veil of tears. This kind of sex remains on the surface of personality. It does not address the deepest yearning for a devotion to your or her lifetime happiness. It should never be confused with creating a "commitment" to the other's spiritual core. If she is mistaking your intent - if she thinks you are loving her deeply rather than merely caring about her in the moment in your mutual "comfort sex" – her higher expectations will bring terrible pain.

Personality sexing, fooding, and gossiping are all evoked by the same dynamic. Personality sexing is unconscious and uncurious. It

is unconscious because you think you are acting when in fact you are mindlessly reacting. It is uncurious, because you have no genuine curiosity about your partner, the food, or even the topic about which you are gossiping. It brings comfort but not pleasure.

Let her know that you care about her enough that you want her to be free of pain. But don't allow her (especially when her bonding hormone, oxytocin, kicks in) to believe that you are going to always be there for her because of this encounter.

Clarity is key. If you suspect that she is looking for more than you want to give, bring it up ahead of time. "I want to be intimate with you. I want to make you feel good and I want you to make me feel good. We care about each other, but let's be careful not to give it any meaning beyond the fact that we fundamentally want each other to feel good and cared for in the moment, right now."

You don't have to use those words. But I think you get the drift. I call this "emotionally safe" sex.

Gafni writes...

Personality sexing seeks to soothe emotional trauma born of injury. Its method of soothing just happens to be arousal. It is pseudo-Eros. It emerges not from your freedom or fullness, but from your desperate, if unconscious, attempt to cover up your emptiness and dependency... Personality sexing is not bad, sinful, or evil. It is simply ego and personality. It leaves the great invitation, wonder, and glorious potential of sexing unrealized... Personality sexing is not even particularly sexual. It is interchangeable with fooding or gossiping.

It is comfort. Stay conscious of that.

There is absolutely nothing wrong with personality sexing, just as there is nothing wrong with personality fooding, if you do it as a conscious choice. Indeed, there is quite a lot to be said for this particular comfort. Just engage mindfully. Do not confuse an action for a reaction.

Know that you are coupling in reaction to the desire of your bodies, minds, or emotions to have comfort in the now. Call it "medicine" with her, and you can

play with that whole idea – telling her that it is the most delicious kind of medicine you know.

But keep in context with her what's really going on.

Level 3: Pleasure Sexing

Level 1, Raw Sexing, is the urge of two bodies to merge. Level 2, Personality Sexing, is a strategy to escape or ameliorate the anxieties of living.

Level 3 is pure pleasure.

The desire to consciously cultivate and give pleasure is not merely hedonism. It's not giggity-giggity (to quote Family Guy) – that's somewhere between level 1 and 2.

But *conscious* and *consciously cultivated* pleasure is actually a spiritual act (see the teachings of Epicurus if you have time). In the words of Gafni...

Pleasure is the experience of personal kosmic love that drenches you in every moment, made directly to manifest in your world. Love at its core is the radical desire to give pleasure.

Your offering of pleasure – out of love rather than wounded personality - can be seen as a genuinely spiritual act between two people.

Now you are not only activating your “care” for the other person, which you did during Level 2, you are activating a deep source of love. You are activating a connectedness beyond mere kindness.

Of course, the lines aren't always so clear...

Pleasure sexing may be but a disguised form of personality sexing. You grab pleasure to cover up your emptiness, and not to bask in the fullness of the pleasure. So this is not really pleasure sexing, but personality sexing in disguise. “

This trap is neither good nor bad, as long as you recognize it for what it is. Any time you are conscious of what level you are on, you are in your enlightenment. If you can communicate it to your partner, you are serving her best interests.

In this moment, you are embodying the most conscious and profound man you can be.

Pleasure sexing is grounded in gratitude. You have been given this body. She has been given hers. Together you have been given this moment. You didn't earn it! You just received it. All of it. Maybe you navigated the dance so that you both ended up here, but here is where you affirm both of your awesome luck and your intrinsic worth. This is a place where all personal judgment and judgment of your partner should dissolve. It is an opportunity to experience full acceptance of you both just as you are.

At this level of sexing...

You understand in your body the infinite value and worth of your own intrinsic being, just as it is right now.

In fact, if you had a spiritual bent, you could see you and your partner as two expressions of divinity meeting and pleasuring each other.

This is a beautiful context for bringing your bodies together. You can tell your girl that - through her beautiful body, her smile and sweetness - you understand how people could worship goddesses in temples and make offerings of money, food and prayer. While some cynical women won't hear this, about 80% of women love hearing this. It affirms something that they intuit - that they have the ability to flow love through them far beyond their upbringing, training, personality and habit.

When you let a woman love fully, when you give her the safety and appreciation and celebration that she so rarely gets from a man, you will be amazed by how much love she can pour out. It can amaze her, too!

Look, I don't know your spiritual leanings or how open you are to the interconnectedness of all life or even to the awe and wonder of life itself (isolated as we are on this blue orb in the middle of a seemingly endless dead black space). But for the sake of this level, I encourage you to open yourself to the pure wonder of this gorgeous, flowing, sweet-smelling fountain of love, lips, breasts and curves before you as if she is a manifestation, in this moment, of something divine.

When we meet each other, we say, "Hi" and shake hands - a vestigial custom designed to show that you aren't holding a dagger. In the Middle East, they wish peace upon each other with "salaam" and "shalom" (although it doesn't seem to be very effective). But in India, they carry an old tradition - when they

greet each other, they bow and say, “Namaste,” literally meaning, “I see the divine within you.”

At this level of recognition of each other, we enter the world of sacred offering. It is a rare woman who doesn’t warmly respond touched to her core when you bring this energy. Express it by slowly bathing her before or after sex. Give her a long, sensual massage where you explicitly lay off her genitalia, even if she asks (at least for a while). You are honoring her wholeness, her fullness, her incarnation of the divine feminine, first and foremost. Sex will then proceed from that level of honoring.

Some spiritual tradition made this kind of sexing a “sacred obligation.” And from this spirit emerged the traditions of Tantra and mystical sexuality.

Level 4: True Self Sexing - Impersonal Tantra

In the East, there is a strong tradition around the distinction between your “little self” and the “Great Self.” The Great Self is the totality of all of life, not just your little meat-bag life. It is Consciousness, with a capital “C.” It is the mind and soul that moves through all things. The purpose of meditation is to transcend your little self and merge – beyond personality – with the Great Self. This is also called “True Self” in these traditions.

It’s like the old joke about the Buddhist hot dog. You walk up to the cart and say you want a Buddhist hot dog - “make me one with everything.”

In the tradition of impersonal Tantra, you participate in engaged sexing as a path to classical enlightenment, free of personalities. So, you would have sex ...

...with a yogi or yogini whom you do not know at all. You have no relationship to that person outside of the tantric ritual. This is the sexual path of True Self Tantra. Your partner is not there to share or receive your Unique Self. Your partner is there to love-sex you open to God. In No-Self Tantra, the high priest or priestess facilitates your communion.

Impersonal Tantra is the natural sister of impersonal meditation enlightenment, where you free yourself of ego and ego needs for a moment.

The impersonal Tantra tradition probably created the path of No-Self Tantra as the alternative to negative visions of sexing out of need, greed, force, rape,

slavery and other diminutions of the sacredness of human consciousness. If we were a more fully-evolved culture, we might have a whole class of experts who openly helped people heal their violent and shameful inner wounds around sexuality so they could be free of them once and for all.

We do have some teachers in this tradition today, as well as a bunch of well-meaning charlatans (in my point of view). Of all the teachers I have met (see the directory of teachers I created at the some-what sleepy www.OneTantra.com), I find Michael Mirdad to be of the highest integrity and expertise. If you want to find a female yogini to help liberate you from anything, contact him and ask for a reference. I trust his judgment.

It will be rare for you to have this kind of sex, unless you are on a path of sexual Tantra enlightenment. But I want you to know it is real, and it is available for the healing of everyone.

Level 5: Unique Self Sexing - Personal Tantra

Now we are closer to the modern period. Gafni is working hard to create what he calls a Unique Self New Enlightenment. This is where, we recognize, feel and honor the all-of-life of which we are a part, maintaining the dignity and democratic uniqueness of our individual ego and personality.

Here, we don't have impersonal sex; rather, we open ourselves to our highest levels of awareness and conscious behavior. We "engage sexing as a path to God."

As Gafni writes...

The entire goal of the [impersonal] tantric ritual is your expansion beyond your small self into your True Self. Your partner is not there to share or to receive your Unique Self; instead, your partner is there to sex you open to God ...

This is no less true in personal Unique Self Tantra. The difference is the path. In Unique Self Tantra, it is your personal beloved who serves as the high priest or priestess, who facilitates your divine communion. In True Self impersonal Tantra, intimate communion serves divine communion. In Unique Self personal Tantra, intimate communion is divine communion.

In other words, you encounter each other not merely as Bob and Jennifer, but as both Bob and Jennifer on the one hand and also unique expressions of the divine on the other.

Unique Self encounter is personal, face-to-face. In the intensified face of your beloved's rapture, you meet and incarnate the divine.

This may sound esoteric to you, but think about it and you will find that it is incredibly, intuitively *true*...

At the moment of climax, you or your partner might call out, "Oh, God," or each other's actual name. Gafni calls this a "mini-enlightenment experience in the sexual."

At this moment - when you are offering each other deep pleasure - a new connectedness is created and a revelation is at hand: you, she and "God" are all interchangeable!

Gafni, drawing upon kabalistic ideas of the divine spark being in each and every life form, writes that, as people, we are each unique puzzle pieces of God. We are not something outside of God. God is understood here more as a process (evolution, anyone?), rather than a big, bearded biker dude in the sky. And that process is, actually, us!

We are God Godding God's self, moment by moment. We are each puzzle pieces of this process called God. Each of us is essential, unique and important.

When you are lived by your name, your Unique Self, you incarnate the divine name. You are being lived by the personal expression of the divine name that lives as you.

And this is where the love behind unique self sexing comes to bear. There is nothing impersonal happening here. Both the heights and depths of your sex emerge from your actual, personal love and appreciation for each other. This occurs on the personality level as well.

In Unique Self Personal Tantra, who you are sexing with is your your beloved partner with whom you share past and future, history and dreams. Sex is not a spiritual practice in and of itself. Rather, sex with your Unique Self partner is the spiritual practice. You meet and merge with the Unique Self of your lover. Through the unique erotic sexual encounter with your beloved—of giving and receiving collapsed into one—you are exploded open into God.

This kind of pleasure is not only physical; it has to do with who you both are, individually, as human beings. Gafni writes...

It is not only about being touched; it is also about being witnessed. In being witnessed in your fullness, there is healing. Unique Self sexing is the mutual witnessing of the other's radical abandon and loss of control. In that witnessing, a great and paradoxical healing takes place. The personality relaxes its grasping, and the truly personal Unique Self comes online in its authentic fullness.

This is a level of intimacy and vulnerability that you may not want to share with just anyone. It is something you want to share with someone who can give and receive with you at this level and someone you trust.

This kind of sex can utterly transform an entire relationship.

If you are interested in cultivating this level of sex with your enduring beloved, then begin to turn your sexing into a ritual as I've described above. Before you go for it, bathe her slowly. Spread flower petals around and on her naked body as you recite the 101 things you absolutely love, honor and cherish about her.

While you are making love, do not lose consciousness and fall back into raw sexing. Stay conscious throughout, even as you are immersed in the carnal beauty and juiciness of who she is. Remember that she is also an expression of the divine, of the life force, of infinity – as well as a hot mamacita with delicious tits and a naughty girl spirit.

If you can hold both of these levels at once, her gratitude and generosity for you will multiply beyond measure and your bond will grow beyond the mere bond of sexual attraction. You will develop an amiable liking of each other's personality quirks while clutching each other against the loneliness and death of the outside world.

Level 6: Tikkun Sexing or Bodhisattva Sexing

The most esoteric level of sexing I will merely introduce to you, as it is beyond the scope of this special report - the purpose of which is to help you clarify the “why” of any particular sexual encounter, to assure that you are both aware of your actions and motives, to prevent heartbreak and misunderstanding, and to enrich your sexing with levels of honor and worship.

This level of sexing is not something that comes up in most sexual relationships.

Here's a quick description from Gafni of this higher level of sexing...

The sixth form of sexing we might call tikkun sexing, or bodhisattva sexing. Bodhisattva is the Buddhist expression for the being who vows to work to end suffering for all sentient beings. Tikkun is the Kabbalistic path of practice in which all of life is intended toward healing the broken heart of the kosmos.

... Prayer, as understood here as an erotic merger with God, is the revealed teaching; the hidden teaching is tikkun Tantra. This teaching was esoterically passed down from King Solomon through the generations of Kabbalistic teachers. In this dharma, not only does Prayer equal erotic merger with God; the converse is true as well: erotic merger equals prayer. Sexing is a form of praying.

Prayer in this teaching happens through you and your lover as you embody the masculine and feminine faces of the kosmos. The full power of all men and all women, the god and the goddess, flows through you. Your sexing is the sexing of all worlds that unites all beings.

In that Kabbalah, this form of sexing is called the sod ha-yichud, the "secret of unification" or "tikkun." It is sexing to unite the god and the goddess, and at the same time it is the god and the goddess. The masculine and feminine principles personalize in you. Your sexing is intended to heal all the ruptures between man and woman, between the masculine and the feminine, between all lovers everywhere and through all time.

If you are curious to learn more about how to put these very lofty and deep spiritual ideas into actual practice, read Marc Gafni's *Your Unique Self: The Radical Path to Personal Enlightenment* as well as David Deida's fascinating *Finding God Through Sex*.