

ENERGETIC SEX FOR PRAGMATISTS *with Reid Mihalko*

"Just because we don't understand doesn't mean that the explanation doesn't exist."

~Madeleine L'Engle

Reid's Disclaimer: To date, there are no physically verifiable [anatomical](#) or [histological](#) basis for the existence of "energetic sex," [acupuncture points](#), meridians, chakras, kundalini/chi/ki yet. However, I'm a firm believer that I don't need to "believe" in electricity to flip a switch and benefit from it... So have an open mind *until* we get some hard science for all this and enjoy!



Energetic Sex Basics as I teach them: *It's is all about playing with Resonance...*

1. Discover how "energy" speaks to you – how does energy feel/see/hear/taste/smell/emote/etc.? – And where is your *Wineglass Place*?
2. Learn how to tune into someone else's "frequency" or "note"
3. Learn how to turn up the volume on your energy in/on that note so they vibrate more
4. Let their increased vibration begin to make you resonate more 'till you create a feedback loop
5. *Remember:* No one has to be twitchy to be doing it right!
6. Rinse and repeat!
7. When ending: Turn down your volume which will lessen the feedback loop until you both naturally disengage
8. Ground – I recommend the Reel In Your Kite/Grow Roots/Night Watchperson/Velcro Sequence
9. Check in with each other about Aftercare Needs

Where Is Your Wineglass Place? Where do you "go" –where does your *attention* and *intention* go- when you try to make a wineglass sing? Look/go "there" when you're trying to play with another's energy to track if you're moving closer to creating/generating more pleasure or further away.

"Reeling In Your Kite" Grounding Sequence: After playing with another's energy, imagine...

1. Visualize slowly reeling in your "energetic kite" –*don't jerk it down or cut the cord*- When your kite's down and you can "grab it"...
2. Visualize growing roots from the bottoms of your feet, legs or butt and rooting yourself into the group... Then...
3. Imagine your Night Watchperson taking a walk/making the rounds around the inside of your body, checking that you didn't leave any doors or windows open/unlocked... Then...
4. Visualize your body completely covered with Velcro (the hook/scratchy side)...
5. Imagine straightening your hooks so that the strands are straight so you can't hook anyone... Then...
6. Visualize pulling your strands into your body so your outside is smooth as glass so no one can get clingy with you or energetically stuck on you...
7. Take a deep breath and one more quick Night Watchperson check-in and violá!...
8. You've grounded yourself!

HELPFUL TERMS AND DEFINITIONS *Many thanks to en.Wikipedia.org for many of the defs below.*

Sanskrit (Classical Sanskrit) is to Greater India what [Latin](#) and [Greek](#) is to many European Languages, having significantly influenced most modern languages of the [Indian subcontinent](#), particularly in India and [Nepal](#). (Reid finds Sanskrit words commonly used in Kundalini Yoga and Tantra useful to explain Energetic Sex because English lacks a diverse sexual vocabulary, especially words describing sexually nuanced and "energetic" experiences.)

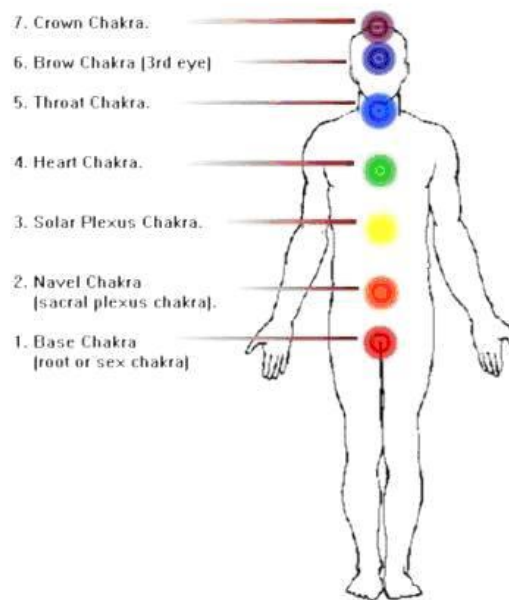
Shakti: Sanskrit for one's life force, circulating life energy. Synonyms from other cultures/languages: Ki, Chi, Prana, Qi, Vim, Vitality, "Mojo."

Kundalini: (kundala=coil of a rope; Kundalini=a coiled serpent) The divine cosmic energy or life force, also known as Shakti and Prana in yoga, Ki in Japanese martial arts, and Chi in Chinese accupressure, Tai Chi, Quigong and Taoist sexual practices. Most comononly symbolized as a coiled and sleeping serpent/snake lying dormant in the sacrum (the Muladhara-chakra or 2nd Chakra). This latent energy can be awakened by a Guru

through the ceremony of Shaktipat. Once awakened, the person has a greater awareness and relationship with their life energy and, often, the energies of others.

Kriya: Sanskrit for "action, deed, effort." In Tantra (sacred sexual yoga), Kriyas are known as the spontaneous movements, poses, sounds and/or sensations, sometimes outwardly physical and visible, sometimes not, resulting from the awakening of one's [Kundalini](#) energy. Kriyas can take many forms and vary from person to person in form, intensity, duration, etc. More demonstrative, "kriyatic" experiences may be experienced as one's Shakti/Kundalini involuntarily encouraging/placing/leading one's body into yoga postures, through mudra sequences, twitching and jerking, changes in body temperature, or initiating releases of sound. In regular yoga disciplines, "kriya" most commonly refers to a "completed action," technique or practice meant to achieve a specific result and may not be associated with spontaneous energetic movements.

Chakra: Literal Sanskrit translation: "wheel" or "circle." Chakra is a concept found in various yoga traditions referring to wheel-like [vortices](#) of life energy. According to traditional Indian medicine, Chakras are apart of a person's auric field and can be manipulated to help regulate the body mechanism. Different systems posit a varying number of charkas; the most well known system in the West is that of 7 chakras. They are often attributed specific colors and meanings and are considered focal points for the reception and transmission of energies, not unlike meridian points in Chinese acupuncture are access points for manipulation of the flow of one's Chi/life force.



Meridian is a concept central to [traditional Chinese medical techniques](#) such as [acupuncture](#), acupressure, sonopressure and to [martial arts](#) such as [tai chi](#) and [qigong](#). According to these practices, there are interconnected channels across the body (also see *Chakra*) along which the energy or [qi](#) (*Shakti*) of the psychophysical system is considered to flow. Several hundred points are located, it is considered, along the [meridians](#), which affect specific organs or other parts of the body. There are also numerous "extra points" not associated with a particular meridian. Techniques accessing these meridians are said to achieve their effects by manipulating and, ideally, balancing of the energy running through a network of complex bodily patterns.

Reiki A [spiritual practice](#) developed in 1922 by Japanese Buddhist [Mikao Usui](#). It uses a technique commonly called *palm healing* as a form of [complementary and alternative medicine](#) and is sometimes classified as *oriental medicine* by some professional bodies.[2] Through the use of this technique, practitioners claim to transfer healing energy in the form of *ki* through the palms.

Qigong is the [Mandarin Chinese](#) term used to describe various Chinese systems of physical and mental training for health, martial arts and self-enlightenment. The dictionary definition for the word "qi" usually involved the meaning of "breathing", "air", "gas" and "vapor" but it can also be used in the context of describing the relationship between matter, energy and spirit. The dictionary definition for the word "Gong" is that of achievement or results. The two words are combined to describe systems and methods of "energy cultivation" and the manipulation of intrinsic energy within living organisms.

Shaktipat: Sanskrit for a sacred awakening of the Kundalini initiated by a Guru.

Tai chi/Tai chi chuan Literally translated as "Supreme Ultimate Fist," it is an [internal Chinese martial art](#), meaning that it's focus is on qi manipulation (see *Shakti*). Tai chi is practiced for both defense training and [health](#) benefits.

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