

The Alchemy of Bliss

Opening to Love

Huna: Movement and Stillness

Unity and Polarity

Spheres

Chakras

Alchemy

Meridian Energies

Spheres Merging

Intimacy

Intimate Appetizer Menu

Intimate Relationships

Love

Arousal

Orgasm

First, Second and Third Ritual Blessings

Welcome to the Alchemy of Bliss.

Spiritual lovemaking is a divine communication and unity of essence. It is one of the most powerful ways to merge knowledge, intelligence, wisdom and understanding between two people. It is one of the spiritual paths to enlightenment.

This book is about love in all its rainbow of colors. The highest form of love, the indefinable, has no color, cannot be described, and for a man to achieve it with a woman, I believe is the reason we are here on this planet. It moves the lovers "up a notch" in the evolution of humanity. It moves them up to the level where their love with each other, affects all humanity through the collective consciousness.

Bliss, in my experience, moves through four levels of "willingness" energy, each with its own flavor: Intimacy, Arousal, Orgasm and Ecstasy. This book deals with each of these levels from the perspective of healing, knowledge, experience and mastery. As we fully let go of all that stands in the way of our Intimacy, we can open the space to fully experience it.

These stages are the foundation for experiencing Bliss and the harmony of the "spheres of energy", rushing through your body as you merge in spirit as in the flesh.

The only thing that a man needs from the Goddess is Willingness.

To open to love is to be willing to experience life itself and the complete and total surrender of you to another and the complete unity and bliss that comes with merging souls joined as one.

As you merge,

Invoke This Blessing...

I appreciate you

I love you

I am you

Love is always the answer to all questions.

There exists an innate desire between man and woman to unify as one. That is how we are biologically designed, that is how we are spiritually designed. Spiritual agreements exist between our race and all sentient beings to love and appreciate each other.

Within us All

Grant that all that we do, especially all that we do
from this moment on,

We Will do with Love and Understanding
With Patience and in Truth
With Harmony and in Balance
To the Best of Our Ability, which is Unlimited.

For the Greater Honor, Glory and Love
Of the Energy which guides the good in
humankind
All Beings and Universes.

For the Greater Honor, Glory and Love
Of the Creator
Which is the Light, The Love and Truth

Within Us All.

Huna: Movement and Stillness

In the Hawaiian tradition of Huna, KaHunas or master teachers see the world as a balance of two primal forces of creation.

Hu is movement. It is flowing, undulating, and powerful like the river.

Na is stillness. Silence. Emptiness.

Balance is achieved by alternating Hu with Na.

For example, if you are feeling a lot of energy that you want to move, perhaps doing exercise and releasing the energy into creative expression is vital. You will notice that your energy will naturally return to a "Na" space where you will be content with resting or being still.

After meditation in silence, being in a Na space, you will naturally move into a state of wanting to do something physical.

Making love in Bliss is experiencing movement followed by stillness, followed by more movement and more stillness, allowing each moment of movement to reach its peak and each valley of deep stillness to be fully experienced.

As you fully experience Hu and Na with your partner, you will notice more energy and more vitality in your life.

You will learn how to use rapid movement to bring deeper rest and how to relax deeper, so you need less sleep and can sustain lovemaking for indefinite periods of time.

The principles of the Alchemy of Bliss will show you how to feel your own movement and stillness, and sense those of your partner through the various energy systems of the body, the next being the aspect of positive ("transmittive") energy and negative ("receptive") energy: In and Out. Black and White.

Unity and Polarity

The TAO speaks to the inherent polarity of opposites. The Yin/Yang symbol expresses the simple principle that the darkness is balanced by the light and contains within it the element of the other.

This symbol represents the balanced wholeness wherein the critical element of the other is contained within.

One could conclude that the unity of man and woman is achieved when the essence of the other is infused into each other. Thus, as man and woman join in love they fulfill the cosmic balance of Yin and Yang.

Our bodies are made up of energy. This life energy flows through our bodies and expresses itself as either positive (+) or negative (-) polarities of energy.

We have two hemispheres of the brain; we have two hands, two feet, and two sides of our body.

It has been said that all illness, pain and suffering is simply an imbalance of the polarity of the Chi (life force) in the body. When the Chi can flow freely, an infinite wellspring of energy can flow forth.

Conscious sex practiced deliberately activates the life-energy flows of the body. You will learn how to activate this energy first within yourself and then with a partner.

For now, however, what is important is for you to understand that every limb on your body has polarity. Your right hand is opposite polarity to your left hand. This becomes increasingly important as we explore the energetics of sex. Knowing which hand to place where during lovemaking makes a huge difference as you will learn. As you move your hands over your partner's body you activate Chi flows. The direction of the flow and the polarity of the flow determine how you move through the waves of bliss with your lovemaking.

The one rule is: balance.

Spheres

For centuries, people have believed in the energy fields of the body. But what exactly are these fields and how do they operate?

Whenever something exists in all dimensions and for all things, it can be referred to as a "General Scientific Principle." The principle that any polygon can be expressed as a series of spheres was discovered by a German mathematician named Schläfli. He called it the Orthoscheme. I believe that there is a general principle governing all creation that is how the Spheres operate. It is as follows:

The minimum system is defined by four equidistant points in space, connected by six lines. This energy form can be defined by three spheres. The first sphere or innermost sphere is completely inside the tetrahedron. The second sphere intersects the tetrahedron perfectly at the middle of the edge. The third sphere circumscribes the tetrahedron. They all have a common center point.

If you map this energy form onto the body, of three spheres, and line it up with the spinal column, such as a yogi sitting in a lotus position, you see that it intersects at seven points. I believe that what the Eastern spiritual traditions termed as "Chakras" are in fact the intersection points of these spheres with the spinal column.

Chakras

A Model of the Evolution of Sexual Alchemy

"Hum" - The Heart Center - the center of all awareness and creation. Love is the bindu point, the nexus point, the infinite awareness point that exists both as awareness and creation at the same time. Love is the gateway between what is being brought forth into the world and what is leaving the world and becoming pure awareness.

"Om" - The First Sphere - the union of the navel and throat chakras, the polarity of voice with divine orgasm.

"Ah" - The Second Sphere - the union of the power center and brow Chakras, the polarity of vision with the power center.

"Ham" - The Third Sphere - the union of the root and crown Chakras, the polarity of crown Chakra with the root of intimacy.

The Chakras are the intersection points of the spine with the spheres...

I realized that the chakras themselves were simply "poles" i.e. The North and South Pole of the sphere they contained around the heart "equator." Each sphere contained all of the others, so the Third Sphere contained the second, first and the Heart center.

By doing repeated polarity chakra balancing sessions with people, I kept finding that the same connection points balanced the chakras, i.e. If someone's root chakra was out it could be balanced by touch of the crown with the root chakra. This opened up a whole new healing modality and a very simple way to balance the energy of your lover before making love.

The path of opening to love begins with the heart.

Alchemy

Alchemy is simply the combining of elements to create something greater than the sum of its parts. It is magic. The alchemists' stone could turn lead into gold thereby increasing its value. In the same manner, sexual alchemy can infuse pleasure together greater than you can achieve alone.

In certain Tantric traditions, teachers discuss the four primal elements. Four is the number of elements to create a whole system.

"There are Four Bases of magical power. There is the Heart Base, the Neck and Head base, the Navel Base and the Sex Base. Each one of these secret bases has a presiding goddess or energy." - Advayasamatavijaya

"The Four Joys are known as the Joy of Emotions, Perfect Joy, Absolute Joy and the Joy Innate. Their manifestation is known as the smile, the gaze, the embrace and the full union. They are also known as Variety, Development, Consummation and Transcendence." - Hevajra Tantra

In Spiritual Sex, I believe we can extend a greater understanding of this by turning the direction of these elements into alignment with the three spheres. These four elements express love through the spheres, and they in turn radiate energy that stimulates the organs and subtle energy systems of the body.

Attention directs energy. Our hands direct attention. As we move our hands coupled, with attention and intention during intimacy or intercourse we affect the energy fields surrounding and penetrating our body and those of our partner.

I ask you as the reader to "put aside" what you believe you've learned about sexuality thus far, listen with an open heart. As you practice with these techniques you'll be experiencing these omni-directional pulsation waves of the "Spheres of Bliss" bringing you and your partner more pleasure than you have ever experienced.

To read the rest of this text visit <http://www.alchemyofbliss.net> and download the complete E-book.