



Orgasmic Yoga Meditation: Erotic Metta (Lovingkindness)

JOSEPH KRAMER, PH.D., SEXOLOGICALBODYWORK.COM

This Orgasmic Yoga meditation directs loving kindness to one's self and then out to others. The intense physicality of sexual arousal provides a powerful foundation for these affirmations of love for self and love for others.

Begin this meditation by placing your attention on your chest while caressing your body into an aroused state. Focus your attention on your heartbeat. Breathe while being present to the sensations in your chest and the sensations in your genitals.

It is now time to speak into your heart, "May I be peaceful." Breathe these words again and again into your heart. Breathe these words into your genitals. Eventually breathe, "May I be peaceful" to all parts of your body. Let your whole somatic being "be at peace."

Continue your breathing and your self-erotic caressing.

It is now time to speak a second phrase into your heart: "May I be happy." Breathe in this prayer. And then breathe into your aroused genitals "May I be happy." Breathe as you savor the feelings of happiness throughout your body.

Continue your breathing and your self-erotic caressing.

Speak a new phrase into your chest, into your heart, "May I live with ease in this body." "May I live with ease in my heart." "May I live with ease in my erotic body." Breathe ease throughout your whole body. Savor the feelings of well being.

Continue your breathing and your self-erotic caressing.

Become aware of the body in which you are living. Feel this pulsating aliveness from within. And pray into your heart, "May I be free from inner and outer harm." And pray into your awakened genitals, "May I be free from

inner and outer harm." Let your whole body resonate with freedom from harm, with vibrant well being.

Continue your breathing and your self-erotic caressing.

Bring your awareness back to the connection between your heart and your genitals as you breathe full deep breaths and pray, "May I care for myself joyfully on this earth." Savor as you breathe these words throughout your body erotic.

Continue your breathing and your self-erotic caressing.

Savor your awareness of your lived body. Place your attention on the connecton between your heart and your genitals. Speak your final praying into the core of your being, "May I come to know freedom." Allow your body to feel the sensation of bodily liberation.

Continue your breathing and your self-erotic caressing.

Allow for a period of no thoughts, no words, just being.

Now go through the same process while praying for others. You can pray for folks known to you or unknown to you. See the two examples below.

May my family be peaceful.

May my family live with ease.

May my family be free from inner and outer harm.

May my family care for themselves with joy.

May my family come to know freedom.

May all beings be peaceful.

May all beings live with ease.

May all beings be free from inner and outer harm.

May all beings care for themselves with joy.

And may all beings come to know freedom.

Finish this meditation lying on the floor with five minutes of stillness.