

Worshipping the Goddess

tissue throughout our whole body. This marvelous energy need not remain trapped in our genitals.

REVERSE FLOW

Reverse Flow is an alternative way to move erotic energy through our bodies while making love.

In Qigong, our normal mode of moving energy is to bring energy into our bodies on the *inhale*, and to move energy out of our bodies on the *exhale*. In Reverse Flow we do the opposite. We move energy *out* of our body on the inhale and bring it *into* our body on the exhale. The feeling of Reverse Flow is softer and more expanding and permeating than the more directed energy flow that we may experience in Small Heavenly Circuit.

Reverse Flow can be used as a softer and subtler way of experiencing the erotic flow of energy in our body. We use it to help us relax around any place in our body that feels inordinately tight or has been difficult to soften energetically.

QI GONG WITH A PARTNER

Breathing and Rapport

Rapport is a verbal and subtle form of non-verbal communication that arises when we are “in synch” with someone else. When we have strong rapport with our partner, our breath will naturally synchronize with hers. This can be a powerful tool and is commonly used in many Daoist and Tantric exercises. Because rapport is an important component of sexual activity, Mirror Breathing is a good way to begin to deepen our rapport with our partner.

Mirror Breathing

Mirror breathing is what we do naturally when we have physical rapport with our partner. With friends and lovers we will often

do this unconsciously, literally mirroring each other's breath and sometimes even mirroring each other's posture, verbal cadence, and body language. When we Mirror Breathe we inhale as our partner is inhaling and exhale as our partner is exhaling. Mirror Breath is used to create bonding and intimacy. In Rivers of Love, the opposite Mirror Breathing is called Flow Breathing. We use Flow Breathing when we want to send and receive energy.



Fig. 1. Mirror Breathing

Flow Breathing

Flow Breathing is a more challenging but equally useful type of breathing. Flow Breathing uses an alternating breath, in other words we are inhaling when our partner is exhaling, and vice versa. Because we naturally mirror our partner's breath when in deep arousal, Flow breathing has to be done somewhat consciously and is more of an advanced technique than Mirror Breath. Flow Breath is used to send and receive energy, often to transmit feelings, sensations, or emotions to our partner. The sending and receiving of energy in Qigong is called emitting and absorbing Qi. It is especially useful while doing Meridian Energetics (Five Element) advanced techniques.



Fig. 2. Flow Breathing



Fig. 3. Flow Breathing

Emitting and Absorbing Qi

There is a saying in traditional Chinese medicine: *The Qi follows the thinking*. When we want to *emit* energy in Qigong, we *exhale* as we visualize the energy moving out of our body. Sometimes when we do

this we are “tonifying” our partner. When we want to *absorb* Qi, we do so on while *inhaling*, visualizing it moving into us. Either partner can “tonify” the other. If we are making love with our partner and we wish to circulate the Qi, we *imagine* the energy flowing smoothly through our body, or that of our partner. If we come across an area in ourselves that feels tight or is not conducive to the feeling of Qi flowing, we gently imagine the Qi flowing *around* that area, gradually melting it like ice. Sometimes colors will emerge from our visualizations.

This tonification can also be done via the genitals while making love. Either partner can send energy to the other through their genitals.

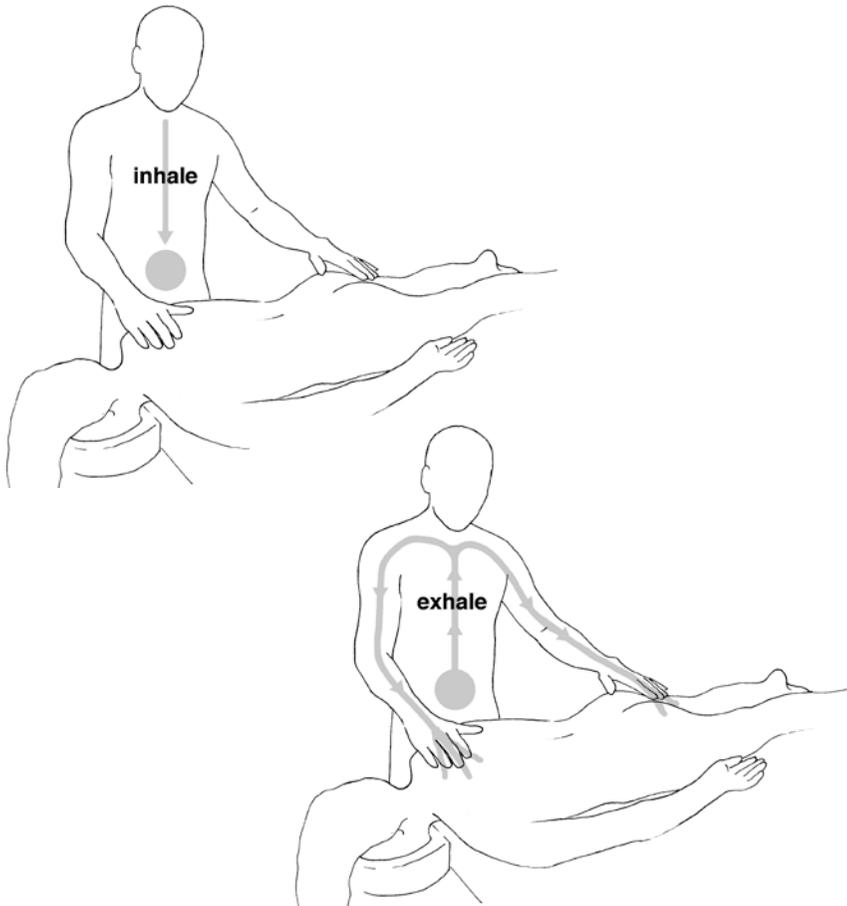


Fig. 4 & 5. Emitting Qi: The man “tonifying” the woman