



Two Souls Connect

Al Link And Pala Copeland

Two Souls Connect

<Laura Houston>: And we are live with Two Souls Connect and Then What? It is an edgy, intuitive, and interactive look at dating and relationships. And this is your host Laura Houston and we have got two special guests today. We have got Al Link and Pala. Did I say that correctly?

<Pala Copeland>: Yes you did.

<Laura Houston>: Copeland. And they are from www.tantra-sex.com, they are from www.tantraloving.com, we have got 4 Freedoms, we have a whole bunch of different stuff that I am really excited. They have written many books, very interesting and fascinating books that I am sure everybody would love and we are here to talk about Tantra, which is awesome.

<Al Link>: Thank you. It's nice to be here with you Laura.

<Pala Copeland>: We are delighted to be here.

<Laura Houston>: That's great. So, where do we start, let's talk about me because I did a little bit of Tantra work, probably about the same time you both started as well. But I was doing it by myself. I had gone to a workshop and a wonderful workshop. It was Lucy Becker who is probably one of the pioneers in Toronto that works with Tantra. And it was an excellent workshop, I admire the work that she does, the fact that she does do it on her own, is again admirable. Although I believe she is with a partner now and I think that that might be better, which is also what we sort of talked about a little bit when we met today. But as a single person trying to work with it, basically I started it because someone at the workshop had gone into some trauma. And there wasn't anybody there to help her and we later became quite good friends. But literally, while she was doing some of the breathing exercises, she started turning blue and through discovering that she had been sexually abused as a child, she needed to work through her trauma. So I thought that that would be a good way to work with Tantra, helping people do some individual work. And that was fine, definitely with women they tend to go through some of their issues, I mean, I remember working with somebody who had post menopausal. And after she had done some work she had got her period back and she was very excited because she felt, starting to feel young again and she had to go through different things. So, there were some success stories but on the majority

because it's Tantra, because we are so sexually repressed as a society and I believe again one of the biggest problems in the planet and I have talked about this before and I do honestly believe that because of sexual repression there is so much strife in the world. And it creates obsession, it creates repression, and we need, it's one of the areas that because it is such a powerful energy that we need to work on and help shift and heal.

However, doing that as a single person, I found after about a year and half that my integrity was, it was really, it was really hitting a nerve because most of the men and because it's Tantra and because we are working with that powerful energy, a lot of my clients were men. And what they wanted was to focus on the physical side and I just – after a year and half it was too much. So, it was too much for me, but I can appreciate and think it's far better that it is two of you teaching the classes, so it is a couple teaching classes to other couples, generally, or do you also work with singles?

<Pala Copeland>: Mostly we work with couples, we do evening introduction sessions here in Toronto at Good For Her.

<Laura Houston>: I love that store.

<Pala Copeland>: It's a fabulous place. We do those, actually we have got one coming up in, tomorrow night, it's full but we have another one on September 29th. And we work with the Learning Annex too, we do full day sessions, for singles or couples. And those are basic introduction to Tantric practice. Things that people can do on their own or as a couple to start getting in touch with sexual energy, learning how to move that through their body rather than just when they have a sexual sensation, just releasing it.

<Laura Houston>: Of course.

<Pala Copeland>: Mostly however we work with couples, which then is automatically an exchange between the two, so.

<Al Link>: Our favorite format is weekend, so we do weekends monthly in our home, which is near Pembroke, that's about 4.5 hour drive from Toronto. And it starts Friday evening approximately 6:00 O'clock and ends Sunday about 3:00. And we work with just 3 couples at a time, so it's very intimate, very private, each couple has a private room. But there is no explicit sexuality or nudity in any group

sessions, so they have the privacy of their room to explore the various subjects that we have been sharing with them.

<Pala Copeland>: That's one of our favorite parts at the weekend, its, all right now go to your room and practice.

<Laura Houston>: I am sure it's their favorite too.

<Al Link>: And mostly we attract couples that are already in a really good relationship and they want to see how far they can go with it, where else they can go with it, if they can begin to make it more of a spiritual practice as well as just a wonderful relationship. And so, the kinds of issues that you are describing don't come up very often, occasionally if somebody will have something triggered but for the most part it's just a lot of fun and very romantic weekend.

<Pala Copeland>: And a number of people as you know have had some sort of sexual trauma or sexual abuse, it's huge, it's huge.

<Laura Houston>: Absolutely.

<Pala Copeland>: And quite a few people that come to our weekends have had that kind of negative experience but they have done quite a bit of work and this is another healing part of the path, about bringing joy and celebration back into their sexuality once they start to deal with, letting go of some of that energetics, and physical trauma.

<Al Link>: We do work with sexual abuse survivors, but again it would be people coming as a couple. And then we even have it like a series where they might do 3 weekends, because the sexual abuse usually goes pretty deep and it doesn't yield to a single weekend normally.

<Laura Houston>: No, I would think not.

<Pala Copeland>: No.

<Laura Houston>: Yeah. So, then what you are saying is you are generally getting older couples, would you say older couples or definitely they are in a serious committed monogamous relationship?

<Pala Copeland>: Most people that come, I would say to our couples weekends are about 35 to 50. But that's for a couple of reasons, one is the price, you know.

<Laura Houston>: Sure.

<Pala Copeland>: I mean, if you are quite young and you are a student, you know, you can't afford it. Because we do get, for instance we do a series every year at Queens University in Kingston.

<Laura Houston>: Okay.

<Pala Copeland>: And we get a lot of young people come up for that. And we get younger crowds here when we do our one-day stuff.

<Laura Houston>: Right.

<Pala Copeland>: But the couples weekends are primarily people of boomer generation.

<Al Link>: And they generally are heterosexual couples in primarily monogamous relationships but certainly not necessarily. We have had some gay couples attend the weekends but not nearly as many as heterosexuals.

<Laura Houston>: Sure.

<Al Link>: And they tend to be well educated, a little bit higher up in the socio-economic standard, because they can afford it.

<Pala Copeland>: And early adaptors usually

<Al Link>: Yeah.

<Pala Copeland>: People that are willing to step outside the comfort zone, interested in new things, interested in learning as a life long process, wanting to grow on all levels. Some people that come are primarily interested in learning about the physical aspects of extended lovemaking and the pleasures of that. Others, I would say, it's sort of split half and half, 50% are very interested in that idea of spiritual awakening that can occur through physical, through the body. And it's very interesting even people that simply come for learning about those increased

physical pleasures, once they start doing the practices then the spiritual aspects just start happening.

<Laura Houston>: Of course.

<Pala Copeland>: So, they don't have to be looking for it and they get it.

<Laura Houston>: That's true.

<Al Link>: Also we have a, what we have what we call a standby registration. And so we started that, it's essentially half price and we started that because we understood that there were primarily some younger people but also quite possibly older people but just didn't have as much money. And so that enables some people to take advantage of the weekend that otherwise couldn't afford to do so. So, there is a bit of waiting list on it and a little bit missed to get it, but if you are on the list at least there is the possibility that you could attend at a much lower cost.

<Laura Houston>: Right, which is great and quite nice of you to do because I know it takes a lot of time because you are only seeing 3 couples. So, it's a very intimate setting and I have, I mean I looked at everything on your website. So, I saw you know, your house and how you have created a nice atmosphere for people. So, it's a very loving and compassionate place to explore the deeper areas of sexuality as well as spiritual sexuality.

<Al Link>: And it's just a great romantic fun weekend. I mean, even on that level it's really quite wonderful. We first started exploring, doing workshops like we would come to Ottawa and rent a space, you know kind of, arrange for the food and do all those things, it was very complex. And we found that it didn't work very well but as soon as we started offering the weekends there seemed to be a format that many people were really looking for a number of different levels for just a romantic getaway, looking for an exploration of and learning about deeper sexuality and for those spiritual explorers that want to take their relationship to a much, much higher level. So, it appeals across a spectrum of people for all those things.

<Pala Copeland>: It's interesting, people arrive on Friday and almost a 100% are a little bit anxious, some quite anxious, nervous or what the heck I am getting myself into. By time Sunday rolls around people are threatening to lock themselves in their room. Could you adopt us, can we stay? So, it's quite, it's quite a transformation that occurs in 3 days, it's amazing actually.

<Laura Houston>: Well, it would be, because that you are offering them, again a loving and compassionate environment to be open and expressive and you are giving some very powerful techniques. I mean Tantra is not something to be played with lightly. I know that when I did it as a single person, you know, many people were and especially in Toronto there is a big swingers community, there is, so, those type of people are generally interested in Tantra. But it's such a powerful energy, you don't really want to mess around with having too many couples if you are going to practice these techniques. Because its extraordinarily powerful and it really unites you in a way that you can't really have too many partners while you are practicing these techniques. I mean it just doesn't, it just doesn't come together that way, it's not meant in that way. And I remember when I was doing a lot of research around Tantra and Daoism because they, the two are very closely interconnected although Daoism believes that you can heal yourself completely through sex and Tantra believes that you can have enlightenment through sex. So, I really liked that instead, I mean both of them certainly have their benefits. But it seems that it would be nicer to take it to that deeper, deeper level.

<Pala Copeland>: And I think, while with the Daoist practices, well it is a way to get in touch with the flow, getting into the Dao, but it's also more of a focus on being here in the body now, whereas Tantric practices primarily focused on spiritual awakening through the pleasures of the body rather than using the energy for body healing as you were saying the Daoist does.

<Laura Houston>: That's true.

<Al Link>: Over the course of the weekend, we introduce the people that attend to a number of practices that are a little different than most of them are used to, in their sexuality, in their lovemaking. So, for example with men we begin to explore the idea that you can separate the orgasm and ejaculation, that those are not the same thing. And once you separate orgasm from ejaculation what you can do is by not having the ejaculation you allow the orgasm to complete itself. And if the energy is moving through your body which will have to be happening if you are going to have that experience. As it comes up through the higher chakra centers opening them up, then many men begin to experience a very different kind of orgasmic experience that is throughout their body and expanding their consciousness, altering their consciousness, it's quite different than a genital ejaculatory orgasm. I mean, there is nothing wrong with that at all but there is just something that is quite beyond it. And men can learn, it's not terribly difficult, it's not the easiest thing in the world to do either but with a bit of discipline...

<Laura Houston>: Practice.

<Al Link>: Yeah, that's definitely, with a bit of disciplined practice.

<Pala Copeland>: Lot of practice.

<Laura Houston>: Lot of practice.

<Al Link>: And there is a whole exploration for women as well as opening to their, to a healthy joyous sexuality, overcoming problems of shame and guilt and all that conditioned, repressive, sex negative information that's out there. And so, women learn to explore opening to their 4 orgasmic potential and learn how to do that, there are some skills and techniques to do that.

<Pala Copeland>: Yeah, its really interesting that, as you are seeing there is so much focus on sex but at the same time there is such a repression on it.

<Laura Houston>: Yes.

<Pala Copeland>: And I found it quite interesting as I was growing up that there was very much the emphasis on good girls don't, good girls do not do anything about sex. So, you had to pretend that you weren't interested in sex if you want to be a good girl. And I found that even though things have changed a lot over the years there still is that good girls don't do stuff with sex. But the difference now is, women are encouraged sometimes during the week to be bad girls and they can bad girls and have sex and then they become good girls again and the good girls don't. And so it's this really split that's happening. Instead of say as women recognizing that our sexual force is a hugely powerful one that we can use in all aspects of our lives, which is totally compartmentalizing it and making it a pleasurable but bad thing rather than being the church goers, the community activist, the mother, the business woman who is a sexually being, that person has to be asexual, and when she can be the vamp 3 nights a week. So, anyway Tantra teaches us that our sexual forces are really good, positive, spiritual, healthful thing to tap into all the time.

<Laura Houston>: Right. And it really is probably on this physical planet, the most powerful energy to work with because it can incorporate the entire body, it can incorporate all of you 7 chakras, I mean, it is your energy that you use to shift and to work through things. And I think to expand on that good girl thing, I mean, we were told as children that you know, if you want to be a good girl you are to be quite, you are to be seen and not heard. And so, and then if we were good and we were seeing

and not heard then we would be rewarded. So we would, so then we took that same thing to our relationships and expected, well, you know if we are good and we don't talk about it, then we will get rewarded and then we discovered that men know very little about the woman's body and the woman knew even less about the woman's body. And so now they are at least learning and exploring and trying to figure it out.

<Pala Copeland>: That's right.

<Laura Houston>: But it's very messed up for woman. And now that the woman, now that that goddess energy has really been anchored back on to the planet and women are coming into their own power and they are really, I mean, sexual energy is very much part of who we are. It's not everything about who we are, but it's a very powerful energy. We need to be comfortable with who we were, if the media out there so distracts and changes how women feel about their bodies as it is and we are so self conscious that we need to just move back into our bodies, back into our hearts, back into opening up because women, let's face it, we are all about love. We give, we give out, we receive, we give out, we are all about, you know, nurturing and loving and providing compassion and the men are the, I wouldn't say, I mean, it's not so cut and dry as in the caveman scenario that some people like to say where it's. You know that the women, we are not stuck in the home anymore, we are out, we are making a wage, we are just as powerful in that area almost as men and but men still will have the physical advantage over us. So, there are things that men will do that women will never do, oh well, I am sure there are some women that are going to fight me on that but not as much. And the men get to receive the love and the compassion and the nurturing from us because generally the energy is sourced through us and we give to the man and then it comes back and it recycles and we work with that flow of energy. But it does kind of start with us and then we give it back out and then of course with Tantra teachings, it teaches you how to bring that energy back in and how to work with that.

<Pala Copeland>: And move it through your body.

<Al Link>: Tantra is becoming an increasingly popular topic in modern culture in the west. And I think there is a major significant healing, a contribution to healing that this will begin to manifest. And so, for example to become comfortable with your sexuality and to begin to experience that is something that is joyous and healthy, will allow for a realignment of sexuality with spirituality, which has been drastically missing in our culture. I mean, almost all of the spiritual traditions and almost all of the major religions completely separate sexuality and spirituality, as if they were mutually exclusive. And Tantra is one of the few spiritual practices, really

the only one that I know of that actually reunites them. You know, according to Tantra, everything is spiritual including sex.

<Laura Houston>: Right.

<Al Link>: And I think it's a very unfortunate thing, there is a kind of a raging debate going on right now between, sort of the left-handed approach to Tantra, which includes practices of sacred sexuality as spiritual practices. And then there is so called right-handed Tantra, which excludes sexuality and goes to the extremes actually of even saying that sex has nothing to do with spirituality, and ultimately putting that separation back in place. I think that is very similar to what the many Catholics have done for example, by making sex a sin. It's the same kind of separation, I think its very, very unfortunate.

<Laura Houston>: And unhealthy.

<Al Link>: Yeah, exactly. One of the contributions to the left-hand Tantric exploration is the reuniting of heaven and earth, reuniting of sexuality and spirituality.

<Laura Houston>: Yeah, definitely. I think, I mean, I think that's part of the problem with the whole Catholics, I mean, I don't want into religion, I love to get into religion. Just because the whole dogma and how we have misinterpreted the teachings and how we believe there is someone up there that judges us and, you know, tries us at the end of our lives to decide whether we have been good enough to reach heaven or nirvana or however it is that it's been labeled. And I just think its, you know, I just wonder sometimes and of course it had to be about control and manipulation and certainly that's where the religions have placed emphasis. But I mean, specifically with the Catholic religion and certainly that's not every priest but that is why we have such problems with Catholicism.

<Al Link>: It's not just the Catholics.

<Laura Houston>: No.

<Al Link>: Eventually every, every major religion and every spiritual practice insists on that same separation. But interestingly enough, we have had people attend our weekends from almost every religious denomination imaginable. None of them has ever indicated that there was any conflict with the kind of spiritual orientation of Tantric sexuality and their religious beliefs. In other words there was no threat to

their religious beliefs, there was no, certainly we don't insist that they have any kind of a belief system or change any kind of belief system to begin to explore the practices of Tantric sexuality. In that sense they are sort of neutral you know.

<Laura Houston>: Right.

<Al Link>: In terms of allowing the practitioners to have a very personal direct spiritual experience and they can then judge for themselves and interpret what that means.

<Laura Houston>: Right. And I actually again doing my research, I came across where they actually believe that Tantra may have been one of the very first religions and then it was a goddess religion versus a, you know, the male dominated religions that we have right now. And you know it makes it sound just more healthy, because we have had way too many issues with regards to religion and sexuality. The judgments that are placed, I mean, there is just, it completely restricts our power, it completely represses us even further. And you know we have had such figure heads like Queen Victoria who supposedly was a virgin all her life and how people try to be like that in that whole era of how it was so much so sexually repressed, yet there were these undergrounds that were always there, always will be there. But it's nice that it's no longer an underground, it's nice that we are bringing it to the surface and we are talking about these things and of course there is no coincidence with AIDS and how it has been related to sexual activity and conduct and all of the different problems that have occurred on the society in the last you know, twenty years. My belief and always will be is that if we can heal sexuality and we can work with people and the repression and the obsessions that can be created and let go of this and work towards a healthier understanding in a more, from a spiritual place, it doesn't have to be a spiritual place. But Tantra really is about learning those deeper, well techniques and understandings to take you energy and understand what energy is all about. So that you can experience a much healthier attitude towards sexuality as well as, as you own inner being, understanding who you are and understanding how that whole energy system works.

<Pala Copeland>: And connecting in an ecstatic orgasmic vibration to the cosmos where you just vibrate with everything, you are everything. That's quite amazing and you had mentioned a little bit about the heart thing and we work very much with that, that opening of the heart, becoming emotionally available, transparent and real is actually about 90% of the practice. The techniques, the breath, the squeezing, the visualization, the directing energy, the extended lovemaking is about 10%. That the most important aspect is that willingness to go into yourself to bear

yourself to another and to drop your fears so that you can open to a cosmic connection. And that requires that heart opening and that for many is an extremely difficult practice because we have been taught to barricade ourselves and protect ourselves. And so, Tantric practice really helps to teach how to do that, to open.

<Al Link>: I think one of the healthiest things to come out of the increasing interest in exploring Tantric sacred loving is the willingness to take a learning orientation towards sexuality. It just seems like so many people are so shy, embarrassed, ashamed or whatever, about their sexuality that they don't want to admit that how little they know. You know, it's sort of like they, they would rather pretend that they know everything, they learned everything they needed to know I guess in junior or higher, something you know, at least they probably did learn the basic plumbing but that's about it. And this interest in exploring Tantric sexuality is now opening up the idea that they can go on as adults and continue to learn more and to deepen their experience of sexuality as they learn more, as they acquire new skill, as they acquire new knowledge, as they become sexually mature adults. And that requires going far beyond anything that is presented currently in any high school that I know of. And so they are now exploring this...

<Laura Houston>: But wouldn't it be great?

<Al Link>: They are now exploring this in workshops, in books and seminars and so forth, which I think is a very, very healthy thing.

<Laura Houston>: Yes. Well you are with Two Souls Connect and we are going to go on a short break and we will be back.

<Laura Houston>: All right and we are back with Two Souls Connect and then what, with your host Laura Houston and we have got Pala and Al.

<Pala Copeland>: Hi.

<Laura Houston>: We are talking about Tantra.

<Al Link>: Hello.

<Laura Houston>: And how great is this conversation. So, we are talking, let's talk about what does happen in a weekend. What is, some of the things that go on and I know that you said you would even teach us some practices, so, we are very excited.

<Pala Copeland>: Yeah, we give people, we have different levels of weekend teachings.

<Laura Houston>: Of course.

<Pala Copeland>: But mostly we do introductory weekends and it gives people a really good, sort of, toolbox of Tantric practice to take away and start seeing some differences. And Tantra is one of those wonderful things that you can introduce some very simple things and see a difference immediately in your pleasure level and your emotional connection. And then you can also extend your learning over years and years and it still keeps expanding because when you get away from just friction sex, which is bodies rubbing together for release and move on into energy sex, it expands that whole experience immeasurably.

<Laura Houston>: Why don't you talk a little bit about what energy sex is versus the physical sex.

<Pala Copeland>: With energy sex you make a connection that goes beyond the physical and you do that in a sense by merging your beings, where your boundaries just sort of disappear. And if people who have had, some people who have had the kind of experience that during their lovemaking they go into a state of bliss where the boundaries that normally separate them just disappears. It's like they merge and they can't tell where one of them leaves off and the other begins. They sort of wonder like whose orgasm was that anyway, you know. They are just as if they were one, it's a very blissful sort of experience. And in order for that to happen you have to extend the lovemaking over a much longer period of time. We are talking now period of hours as opposed to just a period of a few minutes. And so there are some things you have to learn in order to extend your lovemaking like that.

<Pala Copeland>: But one thing is, when we say it's extended lovemaking and you know, people hear about staying, talking but making love for 5 hours and stuff.

<Laura Houston>: That he does practice Tantra.

<Pala Copeland>: Yes, but they, automatically because we have such a narrow definition or narrow appeal of sex.

<Laura Houston>: They think it's pounding.

<Pala Copeland>: They think it's 5 hours of intercourse. And it isn't, it's 5 hours of connection and that may include and usually includes periods of intercourse but there is a lot of connection in ways that are not explicitly sexual. And that run the whole range from playful to profound, to very-very physical to much more mental and emotional. And so, it's what you might consider, a lot of foreplay, you were talking about creating a sacred space, just transforming the space that you are going to be making love in, to help you separate from the world, so you are focused right here, right now with your sweetheart, you are there, your whole intention is about making love and this, being sensual and open. And so we teach people about creating a sacred space and that involves changing the lighting, using candles or pink light bulbs, getting beautiful fabrics to cover up your TV or the pile of laundry in the corner, bringing some plants or some massage oils, bringing some beautiful music, maybe some incense or essential oil so that you make your room into a magnificent sensual saraglio for love.

<Al Link>: So energy sex really implies an emotional connection, a profound emotional connection with hearts open. It implies merging of the energies, the auras that go beyond the physical bodies and a spiritual opening, a kind of expansion of consciousness. And so in order to accomplish that you by extending the lovemaking over a much longer period of time, the lovers have a chance to build up an intense sexual charge of energy. That's really a form of the life force, that's all it is but they learn how to instead of keeping that focused in the genital area, they learn techniques to move that energy and circulate it up through their body. And then as that energy moves up and comes through the higher chakra centers from the heart, up to the throat, the third eye, out through the crown and so forth, that's when they have this more energetic spiritual experience that is also including and altering of the consciousness. That doesn't happen even with the best friction sex, that is you know, great orgasms and so forth, many of those kinds of experiences, and chances they are, and filled with pleasure as they are, they are good in terms of what they are but many people after those experiences feel, is that all there is. They somehow feel used or they somehow feel still empty inside. They just haven't really gone to that other level that fills them up through and through, that gives them complete and utter satisfaction. And that's what is available as you graduate to the energy sex.

<Pala Copeland>: It's because generally when we have sexual desire and sexual excitement, our first reaction is, we have to do something with it. We have to build it up and we have to release it. And so, we generally focus a lot of it on the genitals, men particularly. Women are much more, multi-erotic zones all over their bodies. But primarily the focus is genital and then building a lot of sensation there and

releasing it genitally away from the body. And so this big charge is built up, it feels really good, bang and then it's gone. And so, instead with the sacred sex practices as I was saying we take that, that's building in the genitals and instead of just letting it go away in this orgasmic release, we move it up through our bodies in a different kind of orgasmic process. And one of the simplest ways to start to learn to do that is by doing genital muscle squeezes, PC squeezes, things that people may already know as Kegals, for women in preparation for childbirth. But both men and women use them, its kind of like if people do yoga and they learn about root locks, it's a way to help keep that energy inside, move it up through the body.

<Al Link>: The simple process is to squeeze the genital muscles as if you were stopping the flow of urine in mid-stream.

<Laura Houston>: Yeah.

<Al Link>: And if you practice that type of squeezing, lets say building up to perhaps 100 squeezes a day, within just a couple of weeks you can notice a very significant difference in your lovemaking experience and primarily what will start to happen is the energy that builds up and is normally isolated and restrained in and restricted to the genital area and then released out, instead of that happening it will start to move up and it will start to come up through the other charkas and that experience then is a very, very different kind of experience. So, that's one of the main exercises for energy sex. Another one and it is very, very simple is to change your breathing. Pay very, very careful attention to your breathing. Normally what happens as the lovers become very excited, their breathing becomes very rapid, jagged, irregular and asymmetrical and so forth. And so what you want to do is to keep your breathing very slow, very deliberate, very deep and to put your attention on deep slow breaths and as you do that what happens is that your energy builds then in a much more manageable way rather than so rapidly that for example many men if it builds too rapidly they will have an ejaculation prematurely before they want to. Whereas as soon as they start to slow their breathing down, instead of letting it get carried away, their excitement will level off but they wont plunge down as they will after an ejaculation. And so they will reach a plateau and that's one of the interesting differences between Tantric lovemaking and other more ordinary ways of making love. The lovers will build up to a peak but instead of having a climax there, including an ejaculation, they will level off and stay at that level using for example these slow breathing techniques. Then later they will resume a more active lovemaking, more energy building lovemaking and the energy will go to a higher level and yet they will level off again. And so, in this way over a period of hours they will build up to a series of peaks, 4 or 6 or 8 or 10 or 12 peaks over a period of

hours. And each peak is at a more intense charge of energy moving through their body and at some point for men for example if they stay completely relaxed and they have extended their lovemaking in this way built up a big charge and have successfully started to move it through their body. They will just have automatically without any additional effort required an orgasm without ejaculating. There is nothing else to learn, I mean, that's a little bit easier than it might be to try to experience it, you know, of the description. But really that's basically all that is involved with.

<Laura Houston>: Right. And I used to tell men that you know, with the PC muscle, that it helps with your prostate, and a lot of men have, as they get older have prostate problems and just that, just learning how to use your PC muscle will help move that energy, so you don't have that blockage which I am sure most of the reason why men have prostate problems is again because of this sexual repression and obsession that we have.

<Pala Copeland>: Yeah and it's, yeah PC squeezes for pubococcygeal, from the pubic bone back to the coccyx or tail bone are amazing sexual fitness practices besides being a key for moving sexual energy.

<Al Link>: For both men and women.

<Pala Copeland>: For both men and women, as you said for men every time they do that little squeeze it gives a little mini massage to their prostate, which keeps it relaxed, keeps it healthy. And so it helps them to also, because you are squeezing, your increasing blood flow, you are squeezing the muscles, you are increasing the blood flow, so it helps with them learning about maintaining and getting erections and to stop themselves from ejaculating before they want to because they gain a really fine muscle control. And for women, besides preparation or recovery from childbirth and preventing incontinence as they get older. One of the main things it does for us is it helps us to really feel and sense and help our whole genital structure become juicy, alive, relaxed, sensitive. So, women start to experience stronger orgasm, if they have not been orgasmic often they start to become orgasmic. If they are orgasmic they orgasms begin to be intensified, they begin to have more of them, your whole genital area just starts to throb with liveliness, its great. And you, an easy way to start doing this and people haven't before is simply to take a full deep breath, then act as you begin to exhale squeeze you PC muscles and just hold their measure exhaling, let go inhale. Exhale---Squeeze---Inhale---Let go. Its very, very simple and you can learn to do it. You can do it anytime, anywhere.

<Laura Houston>: And no one will know.

<Pala Copeland>: Except you may be, they may be wondering why you are smiling so much.

<Al Link>: And it doesn't take extra time actually, all you have to do is remember to do it. So, what we encourage people to do is to set up cues to remind themselves. So, they mind say for example every time I come to a red light I am going to do some PC squeezes. While I am standing in a line anywhere, at a bank, at a grocery store I am going to do some PC squeezes. While I am sitting at my computer I am going to have a little posted note that says PC and I am going to do some PC squeezes. They are just to remind yourself and its...

<Laura Houston>: Like it also stands for personal computer.

<Pala Copeland>: That's right.

<Laura Houston>: So, no one will know.

<Al Link>: No one will ever know.

<Laura Houston>: Although why you are labeling your computer I don't know but yes.

<Pala Copeland>: That's right.

<Al Link>: One of the other skills involved in energy sex is visualization. And it's a simple corollary that actually your energy in your body including your sexual energy will go where you put your attention. And so if you during your lovemaking as that energy is building up in the genitals if you just place your attention at your coccyx and then move up the spinal column.

<Laura Houston>: So, the coccyx is at the very base of your spine.

<Al Link>: The tip of the spinal column, right at the, the tail-bone. And so if you start to move it up toward the crown right along the spinal column, your energy will start to follow it and it will start to rise. And if you make this happen properly you will have a kind of a kundalini wave experience, where that energy will rise and as it comes through the higher chakra centers, it can be a most profound spiritual mystical kind of experience. A direct personal with the Divine is quite possible and

this is the level at which Tantric masters refer to the possibility of enlightenment coming into the experience.

<Pala Copeland>: I just wanted to mention a little bit about breath because there are very simple practices that people can do. Particularly if you are with a partner and you want to add a little intro to Tantra to your lovemaking. Al was talking about using slower breathing to help us stay at that peak of excitement rather than tipping over the edge. And so we do that quite a bit in Tantric lovemaking but we also do slow deep breathing that we match with our partner, we harmonize our breath together. And we can do that in a couple of ways, one is where we both inhale and exhale at the same time, the other is a more circular pattern where one partner is inhaling as the other is exhaling. And it's interesting to experiment with both and see what difference it makes to individuals as they practice it. Also what we often have with that harmonized breath is eye contact. There is quite a bit of eye contact in Tantric lovemaking. In a lot of regular lovemaking we can be off with our eyes closed in our own little world. And with Tantric practice you want to be here, immediately here only here and you want to be totally connected with your lover. And so, two wonderful ways to do that are with eye contact and harmonized breath. So, for instance say you are making love tonight and you want to try some of these. At some point you can say to your lover, open your eyes, lets breathe together and see what happens, its quite amazing, it's very emotionally connecting and powerful.

<Laura Houston>: Yes, because through your eyes is the, what is it?

<Pala Copeland>: The windows to your soul.

<Laura Houston>: The windows to your soul. Of course I tend to think that it also opens up your heart a little bit more and then the two of you can have that connection between you.

<Al Link>: Gazing into each others eyes is one of the simplest, surest, quickest ways to get your open. We recommend people do it one minute a day each way sending love, while the other just receives and then another minute later at a different part of the day where the other one sends and the one receives. The difference this can make cumulatively in a relationship is unbelievably profound. It's so simple and there is no excuse not to do it because you are too busy.

<Laura Houston>: That's right. It's true, I mean that would be, that could make a huge difference with couples. I mean we know that the paradigm of the old relationships have changed a lot. We are in a new time where there are more

women ever between the ages of 30 to 60 that are single ever in history. And part of it is because the old paradigm is shifting and changing and women are kind of coming into their power a little bit and they are not taking the old relationships and they are not happy. And so we are getting into a world that's very date easy. We have got internet dating sites that you could have a date, you know, 3 times a week and never get into a very committed relationship and I think a lot of people say that there is a problem with the relationships. And I think mostly that if could get into some of these very simple techniques, it would save a lot of relationships or certainly would allow it to be a lot more harmonious and if it wasn't, really wasn't working then it would allow for people to separate in a more harmonious way instead of the anger and things that people are going through these days. But it's true, it is so simple and I know that, I don't know if everybody has done as much research as I have. But some of the books out there seem to make Tantra very, very difficult, so, like its some mystical thing or and they do obviously spend a lot of time on the physical positions and all the physical different things that you can do, which of course is wonderful but it really is much more simple than that.

<Al Link>: Well the root of it, the core of it that can be reduced to a few simple things several of which we have already mentioned. One of the other, one of the things that I would consider a core competency in Tantra sacred loving is the ability to keep your attention focused and be fully present in the now moment and to do that more than 30 seconds. And one of the issues, this particularly effects women but it also effects men but one of the issues that particularly effects women is that in the middle of their lovemaking they might be approaching an orgasmic experience and then their thoughts run off to the children or the laundry or work or something and all of a sudden they are.

<Pala Copeland>: Or their sides jiggling...

<Al Link>: And so they are back to zero and have to start over again. And so one of the easiest ways that we have found to explain to people to help them stay focused in the present moment, both men and women is to pay attention to sensory information. This is incredibly simple and essentially what we mean is that you have your 5 senses, you see, you smell, you taste, you hear and you feel, the kinesthetic sense, that's sensation. And if you just shift you attention to take in the sensory information directly without naming it, that's the critical thing. As soon as you name it, you click in the left side of the brain and that will take you off in a train of thought quicker than you can scratch a match. You know you could say, you are off in a thought and then you are out of the lovemaking. But if you just feel that sensation against your skin without going to, oh, that's the breeze. Or you hear a

sound, you just hear the sound, you don't say, oh, that's the sound of the robin. You stop before you get to the naming place and if you just take in sensory information there is no thought. And that means you are completely present in the lovemaking, in this case but you can of course expand that consciousness to everything else you do that is, for which it is important to be in the moment, which is just about everything.

<Laura Houston>: Right.

<Pala Copeland>: Yeah, with sacred sexuality practices, it's about being fully present. I mean, most spiritual practices are very much concerned with learning to be in the now, to be here rather than worrying about the past or fretting about the future, to be fully present and as I was saying one of the best ways to do that is to get into the body rather than having the mind be the master, it becomes the servant. And in order for to do that we have to be able to be in our bodies, listen to our bodies, know our bodies, they give us a lot more information about what's really going on rather than our head, which is thinking about what might be going on or could be going on or should be going on.

<Laura Houston>: Yes.

<Pala Copeland>: And so, paying attention to senses, one of my favorite things is when we are making love, I love to smell and I smell Al and he will wear this neat musky cologne and I will just go Ahh and absorb it but I don't go, Ahh that's that wonderful musky cologne that I got when we went to the States and I wonder if there is whole bunch left, may be he needs some more and wonder if my brother might like some too.

<Laura Houston>: Yeah, exactly. Better just to smell.

<Pala Copeland>: That's right.

<Laura Houston>: And you also recommend, I mean, you have got the candles, the incense for smell, you have got the candles for changing the lighting, you have got music so that you are relaxed and getting into it, food.

<Pala Copeland>: Yes, I mean it's wonderful to feed each other. One of the things we do on our weekends, the first evening, we make this wonderful spread of all these lovely little finger food tidbits and as an icebreaker couples feed each other. And its just so much fun and it helps you to be in the moment because you have to

be paying at least a certain amount of attention to be feeding someone else. And its so playful and lovely, so as part of your lovemaking time feeding each other lovely little strawberries and chocolate or little bits of sushi or fruits or anything that are easy to being sensual and messy and playful. Sharing some wine, massage is often a really wonderful part of Tantric loving. It too when you extend it over a period of time and you can give each other a good full body massage in 10 minutes or you can spend an hour. And massage does a lot of things to help one become focused in the body. It helps you to relax and for men because particularly if you do the big muscles, relaxing the big muscles, massaging them, it helps them last longer, because their bodies are relaxed. See generally as men come and women come to orgasm the body tenses up and that hastens the ejaculation on for men. And so if they are already relaxed that energy can flow more freely and they can last a lot longer. For women massage helps them to get into their bodies, so they are relaxed into their bodies, their bodies start to awaken, they start to flow and get juicy and aroused. So, we suggest often that couples have a massage session as part of their early lovemaking that can go as I said for a little time or a long time.

<Al Link>: That's one of the most significant ways to help a man delay his ejaculation longer, it really makes a huge difference. Any man just tries that even, you know, a 5 to 10 minute massage will make a huge difference. Another one of the core competencies in Tantra is essentially just slowing down, really, really, really slowing down and so I mean, all of a sudden the idea of making love for 4 or 5 or 6 hours, that just goes by in a flash, it doesn't seem like that's a long time. But it requires a little bit of reframing, you know, so like in the ordinary way that people make love often the start of intercourse is the beginning of the end.

<Laura Houston>: Right.

<Al Link>: So, they will start to you know do some kissing, you know, what people might think of is foreplay. And then pretty soon often within a matter of minutes the man is inside the woman and they are having the intercourse and then that just goes until he ejaculates and then their lovemaking ends. But what we are suggesting is that you interrupt the intercourse, and you do something else and allow the erection to subside and then later you resume the intercourse so that over the period of hours you have several sessions of intercourse. So, intercourse is no longer the beginning of the end. It's a very different type of perception of how the lovemaking proceeds and then how it progresses to a conclusion. And along with that then we suggest that you experiment with ending lovemaking while you still have desire. So, that at least sometimes this would mean the man would not ejaculate at all and that they would...

<Laura Houston>: Did you hear that men, not everybody has to ejaculate...

<Al Link>: But a lot of women have to understand as well that they are not depriving their man of anything if they don't have them ejaculate. Many women think that if he haven't ejaculated they haven't done their job. But that's really not the case, I think what men really want more than an ejaculation is to go to that peak and stay at that level of pleasure for a much longer period of time. And any women that can help their man do that they are going to have a happy man.

<Pala Copeland>: And that ties hand-in-hand with the idea that Tantric lovemaking is, really doesn't have a goal. It has a purpose, that purpose is union, you want to unite with all aspects of yourself, you want to unite totally with your lover, you want to unite with the cosmos and you are open to that but that isn't a goal. Whereas with regular lovemaking we have a goal and that goal is orgasm and you both want to get to orgasm or at least one of you needs to get to orgasm and if you haven't why bother. Whereas with Tantric lovemaking you will let go of that goal of orgasm, you instead have, bring a pleasure orientation, uniting orientation and you learn that you can have orgasmic pleasure in many, many parts of your body at any time. Rather than focusing on getting to the good stuff that's going to bring you to orgasm. It's quite interesting when you let go of the goal of orgasm you end up having a lot more of them.

<Laura Houston>: I can see that that would happen. Well we are almost at and time for another break and we will back. It's Two Souls Connect and then what and we will be back shortly. All right and we are back with Two Souls Connect and we are with Pala and Al

<Pala Copeland>: Hi.

<Al Link>: Hi.

<Laura Houston>: And lets talk a little bit, I know, you have mentioned how it's much more than physical but lets talk about what living ecstatically means. I mean, we are in a planet where we are so focused on making money and we are so focused on bills and problems and all the other things that are in life. What do we need to do to bring joy and play and ecstaticness back into our life. Like what can we do to enjoy this world instead of being focused, so much on the problems?

<Al Link>: I would say one of the major requirements is to get out of your head and get into your body and to embrace pleasure. We really think pleasure is a good thing, we really think sex is a good thing. I don't know about the listeners out there but I know that if I am regularly experiencing pleasure I am a much nicer guy.

<Laura Houston>: Is that true?

<Pala Copeland>: Oh yeah. We have lots of pleasure at our house.

<Laura Houston>: I don't know if I want to hear about it, may be I do.

<Al Link>: But really that's not the, that's not an orientation that's very common. People seem to feel extremely guilty and uneasy and uncomfortable with the idea that they could actually enjoy pleasure and I am not really encouraging people to become hedonist where they only live for pleasure and that's the only thing that matters. They abandon all other responsibilities and so forth. I am just talking about opening to pleasure opening to the senses and being in the body, including a divine sensuality in sexual lovemaking. Those are just normal, healthy things and if we open to those things the quality of our lives improves dramatically. Our health improves, the boost to your immune system is just dramatic, I mean Pala and I rarely ever get sick and its just all that healthy stuff as energy, endorphines are released into brain, your blood circulation improves, your health improves dramatically.

<Pala Copeland>: A simple way to start is, say even once every 3 hours that you stop for one minute and simply pay attention to your senses. You breathe, you hear, you feel the air against your skin, you feel your clothes on your body, just one minute, even every 3 hours. It will start to help people be in their body much more easily.

<Laura Houston>: And I am starting to think this is making me think about other things other problems in our planet right now with eating disorders and all sorts of things. If we actually thought about enjoying the food or just enjoying life, you know, if we danced more, if we sang more, I mean there is so much. We are so focused on challenges and problems that we forget to enjoy life and I think if we could possibly think about eating foods that we enjoy instead of thinking about, you know, the one thing, oh will I, I don't have much time so I have to rush and go grab something and I am not going to really like it or its fast food and its not really healthy for me, when we just, we really need to get back into our bodies and really think about the things that we are doing and enjoy life.

<Pala Copeland>: Yeah. It's very interesting, there is huge focus on the body but its all on the external, its all on how the body looks. And we can pay a lot of attention on that and make the outside look really great but we have actually no idea what's going on with it and what it's telling us. And so it's learning to pay attention to the body and we can start by doing simple things like say one minute to focus on sensory information. Another is learning about body scanning where you put your attention into various parts of your body, just feel what you can feel there. Start with your feet and work your way up to your head. At first it can take you know, 5 minutes or 10 minutes to go through and try and figure out those spots and people might be amazed at places they don't feel anything. But you just pay attention, oh I don't feel anything there and may be next time I will and eventually you can get where you could just scan for your whole body very easily in a matter of seconds and you can tell where there is tension, where there is not. Where there is some kind of emotional blockage, where there isn't and you can learn to be relaxed and at home in your body.

<Al Link>: Taking a pleasure orientation in life requires you to revisit your attitude and beliefs about work and about being productive, and about being responsible. And one of the interesting things that I have discovered, because I was kind of an "A" type personality and really oriented toward work and I, if there were 24 hours I would work 24 hours if I could, if there were 48 hours, I would work 48 hours if I could. And what I gradually learned over the period years, and saw Pala. What I gradually learned was that, as I took some time away from what I thought was directly work productive to just absorb myself in the pleasure of the now moment, being with Pala in a sensual way possibly with lovemaking involved not necessarily. But you know where I was oriented toward more what I would think of is play without a goal, without an objective, without trying to get somewhere, without trying to achieve something. So, as I became involved with play, I found that my entire being was rested and restored and rejuvenated and recharged. And then when I went back to my work I was so much more productive, I could accomplish in an hour what would have might have taken me 6 to do otherwise. People are constantly running on exhaustion, they are working every spare minute. They don't have time for anything else and they are constantly on exhaustion. Their productivity actually goes down dramatically and by taking time to play, on the contrary that is not stealing away from what the important things in their life are, the productivity at work, it will enhance that, it will improve their productivity and sometimes dramatically.

<Pala Copeland>: And I often suggest for people that are hesitant about play that, Oh my God, I can't take time to play because I am being neglecting all this other important work. I say, well don't think of it as play then, think of it as work. This is work to keep you healthy, physically, emotionally, energetically. It's work to keep your relationship strong, its work to help you be a better functioning human being. And so if the idea of taking time for yourself for pleasure, for strengthening your relationship is, oh, oh that's play and I shouldn't do it, don't think of it as play, think of it as really, really, really, really important work.

<Laura Houston>: Although I really want people to start thinking of it as people please because we need more play back in the world. But yes I totally agree with you because it's a mindset and it's a perception and some people have real issues with it. But, I mean, we were forced to stop playing when we were younger, you know because, well you are growing up now, you can't continue playing. We just, I mean, there are so many issues, I mean, I think of dancing, the belly dancing. What is it, oh right, its you belly, right. I am thing of belly dancing and how powerful that is because it works with your hips and moving energy that often gets stored again in the genital area or the hip area and so there is so many women that have hip problems, especially after childbirth and all sorts of different things. But its because we are again so sexually repressed and belly dancing is a wonderful way to free up that energy and I know that there are also exercises in Tantra that teaches that also is working with that same energy and working with the same idea of moving your hips and getting the energy flowing in and doing different things to create a more ecstatic life.

<Al Link>: These are the things that we explore in our weekends or other workshops and that we have an enormous amount of information available for on our website. And one of the things that we have just put in place is a free e-course that people can get, if they go to the website and they just enter an email address and their name then they will get a series of about a dozen lessons.

<Laura Houston>: Yeah, I am wondering when that's going to end because I have got like one every day, I am going, oh my goodness they are sending me another one.

<Al Link>: So, that goes on for about a dozen emails and so each one giving them another kind of lesson or an orientation. And that ways its manageable, if you just give them all of that at once, its just overwhelming and they just, nothing happens. But if they just take it one lesson at a time, then they get it, anyway that's available free at the website just for giving us your email and your name.

<Laura Houston>: Which is pretty amazing really because you have given a great deal of information I think its great that you are offering that to people and because two of them are your books. So, I mean, that you are really giving a wealth of information away to people for free and I think its amazing.

<Al Link>: We have...

<Pala Copeland>: Our website by the way is www.tantra-sex.com

<Al Link>: Our first book was published in 2003, it's called Soul Sex: Tantra For Two and in there it's essentially a detailed course on a couple exploring the depths of and heights of Tantric sexuality. And we are very, very fortunate to actually, we are going to have 3 new books published in 2007.

<Laura Houston>: Vow, vow.

<Al Link>: Yeah, it's a delight. And two of those are going to be published in January. One is a book on the Kamasutra, it's The Complete Idiots Guide To Supercharged Kama Sutra.

<Pala Copeland>: And it's very interesting that Kamasutra, when it was written about 350 CE. It was in a time when sex was healthy, normal and meant to be studied. It was part of an education that everyone got and at that only men had formal education. But women were taught the arts of love as well and everyone's education was not considered complete without learning the ways of love, very-very different than we have right now.

<Al Link>: So, in that Complete Idiots Guide, which is published by Penguin, there are step-by-step instructions for kissing and biding, and scratching and all the kinds of things leading up to intercourse.

<Pala Copeland>: All with intercourse.

<Al Link>: Intercourse, there is about 34 intercourse positions mentioned in the Kamasutra and each of those is detailed with a photo, illustration about how its works. And so it's a complete guide to the lovemaking using the Kamasutra techniques. The Kamasutra and Tantra are really not the same thing.

<Laura Houston>: No, not at all.

<Al Link>: Many people often confuse the two.

<Laura Houston>: Totally.

<Al Link>: But they do have a number of similarities in technique, but for very different purposes. In the Kamasutra, the techniques are – for example men are encouraged to delay ejaculation but they are encouraged to do that in order to please their partner and experience more pleasure. And on the contrary in the Tantric approach and the Daoist for that matter, primarily with the Tantra they are encouraged to do that to use that sexual energy to have a more spiritual experience. So, Tantric approach is more spiritual whereas the Kamasutra approach is very much more focused on physical pleasure in the body.

<Laura Houston>: Right.

<Pala Copeland>: And then our second book which is coming out in January is called Sensual Love Secrets for Couples: The 4 Freedoms of Body, Heart, Mind and Soul. And in it we focus on very aspects of using your mind, using your heart, using your spiritual self, using your physical body and there are exercises to do on your own and as a couple to awaken those aspects of self and then a whole section on integrating them. So that, you know, sometimes a person might be very strong mentally but they aren't very in tune with their body or they might be very emotionally open but they sort of get foggy mentally when they are trying to have some kind of relationship discussion or relationship vision. And so this book is about helping couples find ways to stimulate all of those aspects of self, so that through those 4 freedoms of body, mind, heart and soul we can become a whole person and then two whole people make one whole relationship.

<Al Link>: And that book is published by the Wellands, so those two are coming out in January. And Welland is then publishing a second book of ours in the Fall, we don't have the exact publishing date on that. But this goes back to a comment that you made earlier about wanting to make the approach of Tantric sacred sexuality simple. And what we have discovered is that, we have looked at almost all the books out there. And I think even our own actually is a little bit guilty of making it more complicated than it needs to be. So, our third book that will be published in 2007, the tentative title because we haven't got the final one. But I think that the title would be Tantra Step-by-Step: 28 Days To Ecstasy and what we have done, is we have broken it down into simple little exercises, 20 minutes a day for 28 days, to help you breakthrough into that experience of bliss and ecstasy in your lovemaking.

<Laura Houston>: Wow. I think we all want that book. We will have to have you come back and definitely talk about...

<Al Link>: Love to...

<Laura Houston>: The new book that will come out. But even in the winter come and talk, lets face it, we need something to heat up our winter here in Toronto, so we are going to have to have you come back so that you can talk about the new books that are coming out and the one in the Fall. But, yeah, any other thoughts that you would like to share before we end this evening.

<Pala Copeland>: I would just like to say that sacred sexuality practice, Tantric practice is one of the ways that can keep relationship hot, passionate, steamy and ever revolving. Like everything, we have been doing this for almost 20 years now. And everything we share with people is what we actually do and still do and we have found it to be such an extraordinary way of personal growth and as a couple it's a spiritual practice that you can do as a couple. We use our interaction with each other sexually and in everyday life as our way to grow as human beings, as our way to learn and expand and make contact with the higher, the higher self. And I think Tantric practice is one of those few spiritual practices that people can do together. So, it's amazing and powerful.

<Al Link>: I would like to give just a, perhaps just a real quick summary of...

<Laura Houston>: No it doesn't have to be that quick, we have got 10 minutes.

<Al Link>: A simplification, so, go very slow, take your time, get your heart open, you can do that easily by making that one minute eye contact, sending love, build the energy and do that over that period of hours using some of the techniques that we are talking about like PC Squeezing, breathing, visualization.

<Laura Houston>: We didn't talk about the fire breath, the one where, you know, you do the quicker breaths so that you can build that energy just in case there is someone out there that doesn't have that passion yet in their life very much.

<Pala Copeland>: Right, yes, actually breath plays a huge role in sacred lovemaking and Al has already talked a lot about the slowing of breath, to match and to ride waves. But we also use rapid breathing to help us build to those peaks and so for instance say you have built to a peak of excitement with active lovemaking and then you have leveled off to flow there with slow deep breathing and your excitement

starts to drop and your energy levels starts to drop a bit and you want to build it back up again, breathing very rapidly. Ihh Ahh Ihh Ahh Ihh Ahh Ihh Ahh Ihh Ahh Ihh Ahh Ihh Ahh Ihh Ahh Ihh Ahh like that and particularly moving your body, pelvic rocking.

<Al Link>: And making sound.

<Pala Copeland>: And making sound.

<Laura Houston>: Like that...

<Pala Copeland>: For instance Tantric lovers often go into sitting positions.

<Laura Houston>: Right.

<Pala Copeland>: Because sitting is a way that your, everything is up, so it's easier to more energy up that way. So, might be sitting on your lovers lap either in bed or on a chair and you are sitting together and you are looking into each others eyes and you are breathing slow and deep, then things start to subside a bit. And you can sit and start to rock together, looking into each others eyes and breathing much more rapidly to build that charge higher. And another thing that we didn't mention but is very, very simple and very effective for helping moving energy up is running your hands up your partners body from the genitals up to the head and up above into the cosmos and you can do it up the front or the back, and you can be touching the body or not but those hands just help to bring and move that energy, its so simple, so elegant and extremely effective.

<Al Link>: And think in terms of going to multiple peaks rather than just one peak and ending the lovemaking. And consider at least some times the possibility that you would end the lovemaking while you still have desire. If you explore these things, even without any additional training, this, in terms of some of the things that we have described, they are very, very simple. The difference in your lovemaking and in your relationship and in your life generally, it can be very, very profound.

<Laura Houston>: Vow, that was amazing. I think I am going to be selling this CD off to people.

<Pala Copeland>: Great.

<Laura Houston>: I will give you a percentage if you would like.

<Pala Copeland>: Sure.

<Laura Houston>: Lots of promo. One other thing I would like to say is that sacred sex is very profound and that it helps you tap into depths and heights. And it can bring issues up about relationship, about all kinds of other things. But it is extremely playful and light and wonderful and so if we bring a sense joyous learning, of playfulness and laughter to it rather than expectation, it will be learning that's much easier. So, sex is just too much fun to take really, really seriously.

<Al Link>: It has been a pleasure talking with you this evening and for all your listeners, please visit our website www.tantra-sex.com

<Pala Copeland>: Thanks.

<Laura Houston>: Yeah. That's been great. I really am excited that you came and I really appreciate all the knowledge that you have given us because it's been quite a joy to hear all of this, it reminded of all the things that I knew that I have been sort of had put on the back burner for a while and I think I am going to start bringing that back out again because I think this could be a lot of fun. So, I am very happy and very pleased that you came and I will be inviting you back and hopefully we will also get you to do a liquid lunch program, which will bring a different audience again. And so, thank you very much both of you for coming.

<Al Link>: You are welcome.

<Pala Copeland>: Thank you, it's been a pleasure.