



Opening the Heart: The Heart Wave

Purpose:

To connect your life force energy with your heart energy and create an energetic union with a partner. The focus of this practice is to integrate breath, movement, sound, and creative visualization to gently fine tune and synchronize with each other's energetic rhythm.

Practice:

1. Sit comfortably facing your partner on a cushion or pillow with legs tucked back or folded. If you prefer, use a chair or low stool. Begin with a Heart Salutation, and then close your eyes.
2. Draw your attention and breath to your root chakra. Slowly, begin pelvic rocking in unison with your breath, remembering to breathe through your mouth. After a few minutes, add the mula bandha contractions. (see the *Sushumna Breathing: Opening the Inner Flute* Handout)
3. As you begin to feel some energy in your root center (perhaps a warm or tingling sensation), begin sushumna breathing — visualizing your breath drawing this energy up your sushumna to the heart center, and back down to your root chakra — while you continue pelvic rocking and the mula bandha contractions.
4. ***Synchronized Breathing:*** When you've established a good rhythm and you feel centered, open your eyes and look at your partner, continuing the sushumna breathing, pelvic rocking, and the mula bandha contractions. Slowly and gently, allow your breath and pelvic movements to harmonize with your partner's. Remember to maintain eye contact at all times, and communicate with your partner to adjust and synchronize your rhythms... be playful and creative. You may want to use your hands as a guide to help visualize the energy moving from your root center up the sushumna to your heart center, then back down to the root center. Continue until you and your partner are in synch and comfortable with the rhythm of movement.

5. **The Heart Wave:** As each of you exhale together and rock your pelvises forward, visualize your energy moving from your heart, down through your root, and across to your partner's root and up to his/her heart. Then, as you inhale together and rock your pelvises back, visualize that energy returning from your partner's heart down through his/her root and across to your root and up to your heart. (Both are inhaling at the same time and exhaling at the same time.) Use your hands to help visualize and trace the flow of breath and energy – a “U” like flow of energy between your heart centers. Feel the simultaneous energy exchange as you send your heart energy to your partner, and as you receive your partner's heart energy. Continue for 5 to 10 minutes.
6. **Inverted Breathing (Inverted Heart Wave):** As you continue with the Heart Wave, decide which of you will initiate the transition to the Inverted Heart Wave. If you are the initiator (Partner A), on the next inhalation, pause as your breath and energy reach your heart center. If you are Partner B, continue with your exhalation and send your energy wave across to Partner A's root center and up the sushumna to his/her heart center. Partner A then begins to exhale and move in sync with Partner B's inhalation and movement. (One inhales as the other exhales.) At this point, there is a single, combined energy wave moving back and forth between the two of you, first down Partner A's sushumna, across and up Partner B's sushumna, back down and across to Partner A's sushumna, and so forth. Use your hands to help visualize and trace the flow of breath and energy. Continue for 5 to 10 minutes.
7. **The Circular Heart Wave:** As you continue with Inverted Breathing, decide which of you will initiate the transition to the Circular Heart Wave. If you are the initiator (Partner A), after your next exhalation and as the energy wave reaches Partner B's heart center, inhale and draw the energy from Partner B's heart over and into your heart. Use your hands to help signal this change in movement. If you are Partner B, you will mirror this change and follow the movement, visualizing the energy passing from your heart into Partner A's heart. Partner A then exhales and sends the energy wave down their sushumna to their root center, across to Partner B's root, and up Partner B's sushumna to their heart, mirrored by Partner B — at this point, you have completed one “Heart Circle.” (One inhales as the other exhales.) Continue moving the Heart Wave energy circles for about 5 minutes, then alternate the energy circle's direction for another 5 minutes, following the same process described above.
8. After a while, begin to slow down your movement, resting your hands, relaxing the mula bandha contractions and pelvic rocking, and allowing your breath to become softer and softer. As your breath, movement, and sound become more subtle, maintain eye contact and visualize the circle of energy as it continues to move between the two of you on its own. Continue to feel the flow of energy as you sit together in stillness (your eyes can be open or closed).
9. After a few more minutes, when you both feel ready, do a Heart Salutation to honor this practice together. Allow the experience to integrate by lying down in a Bonding Relaxation (spooning or side-by-side) in deep relaxation and silent stillness, and savor the energetic sensations within and the energetic flow between you.

This practice is adapted from *The Art of Sexual Ecstasy*, by Margot Anand.