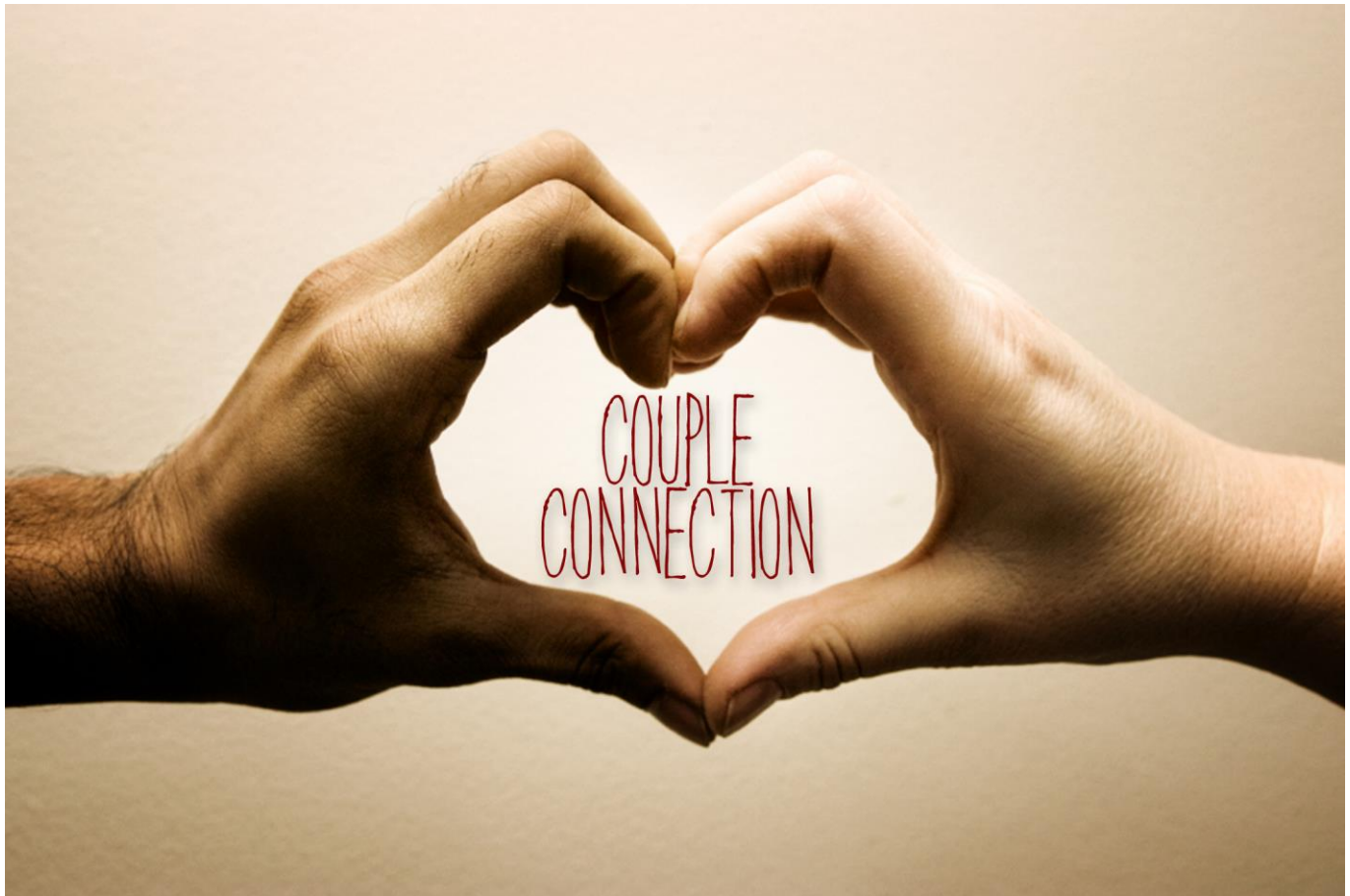


Erotic Attachment

Create a relationship that incorporates hot, juicy sex with a deepening connection to your partner!



Introductory Couples Workshop

9- Hour Program

With Julie Schmit- Graduate Student in Marriage and Family Therapy, Registered Yoga Instructor

“Boys and girls in America have such a sad time together; sophistication demands that they submit to sex immediately without proper preliminary talk. Not courting talk – real straight talk about souls, for life is holy and every moment is precious.”

-Jack Kerouac



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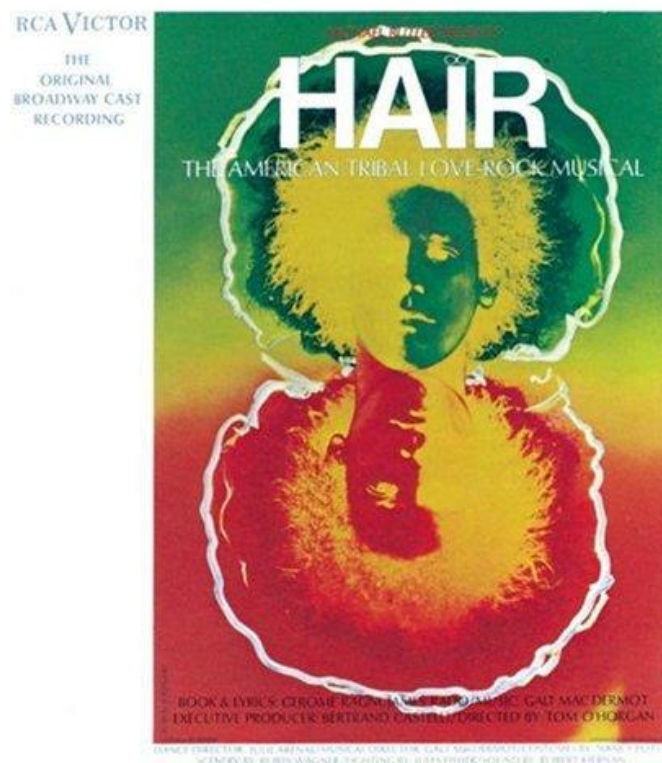
Erotic Attachment Basics: Workshop Manual

Table of Contents

Introduction.....	5
Workshop Goals.....	6
What is Erotic Attachment?.....	7
Who this Workshop is For.....	8
How Does Erotic Attachment Work?.....	9
What is Tantra?.....	10
Tantra and Attachment Theory.....	11
What is Contact?.....	12
Part 1: The Subtle Body.....	13
In-Class Exercises to Feel the Subtle Body.....	14
Grounding.....	14
Rubbing Hands.....	15
Homework.....	16
Contact skills.....	16
Feathering/Fingertip Stroking.....	17
Part 2: The Chakra System.....	18
Definition/Function of the Chakras.....	19
Location and Function of Chakra #1.....	21
Location and Function of Chakra #2.....	22

In-Class Exercise to Charge and Open Chakras.....	23
Spin Chakras.....	23
Pelvic Exercises.....	24
Homework.....	25
Wake Up Senses/Trust Exercise.....	25
Part 3: Chakras 3 &4.....	26
Location and Function of Chakra #3.....	27
Location and Function of Chakra #4.....	28
In-Class Exercise- Running Energy.....	29
Eye-Gazing.....	30
Running Sexual Energy to Your Heart.....	31
Conclusion.....	33
References.....	35

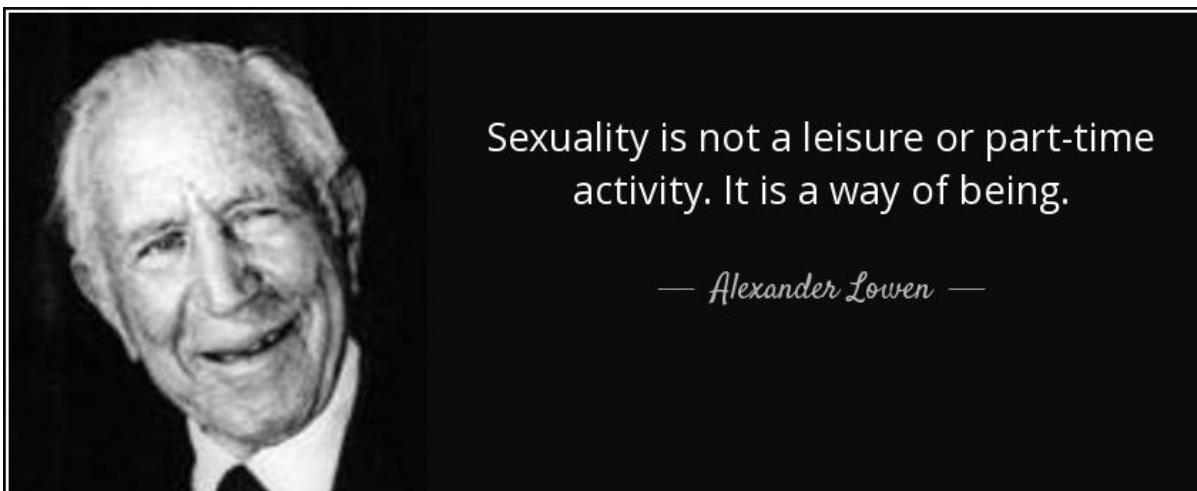
This workshop has been decades in the making. It is a culmination of my experiences teaching: Yoga, energy healing, human anatomy and massage therapy and my training as a Marriage and Family Therapist. In addition, it's a tribute to my "hip" parents, who in the 1970's, displayed the book "The Joy of Sex" on their coffee table as a work of art, let me wear their "love beads" and listen to their "Hair" album nonstop. It's also created in gratitude to my husband; who is my best friend, lover and dynamite supporter of my goals and dreams. It is an honor to bring this work out into the world.



All the Love, Julie Schmit, graduate student, MA MFT, RYT,
Director- Shakti Bodyworks, LLC

Goals of This Workshop:

- Increased Sexual Satisfaction
- Release of Ego Defenses
- Experience The Movement of Erotic Energy
- Heightened Intimacy
- Intensified erotic sensations
- A deeper emotional attachment to one another



Legal Disclaimer

These are potential benefits and there is no guarantee that they will be achieved. Relationship enhancement is dependent entirely on the people taking this workshop and not Julie Schmit or Shakti Bodyworks, LLC.

The author of this manual accepts no responsibility for any loss, injury or damage by anyone using the information contained in this manual.

What is Erotic Attachment?

Contemporary sex therapist, Esther Perel (2006), says there is a disconnect in our culture between eroticism and our concept of marriage and long term committed relationships. People are willing to experiment sexually outside their relationships, yet they remain sexually mundane when they are with their partners.



Erotic Attachment is a solution to this dilemma. According to the concept of adult attachment theory, the very nature of secure, committed relationships is where partners perceive each other positively. Their relationship is one of safety, comfort and intimacy. Therefore, why not use the safety and comfort that comes from securely attached relationships as vehicle to explore eroticism as a couple? And why not use the eroticism created between a couple as a vehicle to deepen their attachment to one another? Erotic Attachment is a synthesis of pleasure and intimacy, to increase sexual satisfaction and secure a couple's attachment to one another.

Who is this workshop for?



This workshop is for couples who are looking for ways to deepen their relationship, while they create the hot sex they remember from their early days together.

How Does Erotic Attachment Work?

When couples are looking for help with their sex lives, whether it's a "problem" they want to work with, such as a low sex drive or erectile dysfunction, one can look to the Eastern views of sexuality for help.

These views originate in India, Nepal, Tibet, China and Japan. It is here that sexual principles underlie the Asian worldview. For example, in Hindu mythology the universe was created by the lovemaking of the God Shiva and the Goddess Shakti. Their continuous lovemaking is what keeps the universe spinning.

Hindus worship the Shiva Lingham in many of their temples, which is an erect phallus "lingham" joined with an oval-shaped "yoni" or vulva, often made of stone and symbolizes the merging of the creative powers of god and goddess.

As a result of this union, there is a palpable experience of erotic energy moving through the couple called "Tantra." This feeling of Unity, achieved during or following the sexual act, is the most universally accessible mystical experience (Douglas & Slinger, 1979).

What is Tantra?

The word “Tantra” comes from the Sanskrit root “tan,” meaning expansion. Tantra means expansion of awareness or consciousness (Anand, 1989). Therefore, when Tantra is applied to sex, it becomes a means to transform sex into something higher, blissful and spiritual. What distinguishes this version of spirituality centered around sexual intimacy from the primal act itself, is the mystical feeling characterized by melting or merging with ones partner. Therefore, Tantra is an art, a science, a philosophy, a way of being in the world, whereby sexual energy is creatively and consciously utilized. Through an understanding of the practical teachings of Tantra, a whole new experience of life opens up (Douglas & Slinger 1979).

Also, from the Tantric view, orgasm is viewed differently, as a kind of surrender, as opposed to a goal to be achieved. Author and contemporary Eastern philosopher, Bagwan Shree Rajneesh, also known as Osho, describes orgasm as:

“[t]he ultimate surrender, when one loses control of every fiber, every cell in the body. The throbs of ecstasy take over and the whole body celebrates in an unknown bliss. Nobody knows what is going to happen, you are left in the Divine vortex. The mind takes a back seat and is no longer the master and manipulator. It is a surrender to the lover and Divine Will” (Rajneesh, 1984, p. 159).

What Does Tantra Have To Do With Attachment Theory?



In regards to creating a more secure attachment with one another, Tantric practices utilize a person’s “subtle body” and “chakra system.” By using these Eastern principles, self-awareness and communication with ones partner increases dramatically. It is through this acquired self-awareness and communication proficiency that one can increase their “contact skills” that are essential in developing deep intimacy.

According to researchers, contact is a component that is included in the context of securely attached couple relationships. These relationships also incorporate emotional closeness, intimacy and sexual interest (Peloquin, Brassard, Lafontaine, & Shaver, 2014).

What is “Contact?”



According to the principles of body-centered psychotherapy:

“Contact is a state of touching or meeting.... It does not necessitate physical touch, but receiving of a person into one’s awareness. Contact is being unveiled [without ego defenses] and open enough to look inside and surrender- not just go to the other and focus on the other. Contact happens when two people are able to meet at the level of [their undefended selves] and experience one another. Contact requires an open heart” (Brennan & Faculty, 1994).

Part 1 – Understanding the subtle body

Here is what you'll learn:

- The definition of the “subtle body”
- How to sense the subtle body
- How to use this awareness to increase your erotic connection with your partner

What is the “subtle body?”

- Einstein’s theory of Mass/Energy Equivalence $E=MC^2$ - matter and energy are interchangeable. Matter is simply slowed down or crystallized energy- for example, you can take H₂O, heat it (increase the vibration of the molecules) and it become steam, or freeze it (decrease the vibration of the molecules) and it becomes ice.
- The manifestation of this energy universal energy that is intimately involved w/ human life is a person’s energy or HEF.
- The human organism is not just a physical structure, like everything else we are composed of energy fields.
- We are all aware of experiencing our own energy, the energy of someone else, or even the energy of a location.

In-class exercises to feel the subtle body (HEF):

Grounding the body

- Stand with feet shoulder width apart and knees bent.
- Breathe deeply to charge the field.
- Visualize a line of energy running from the base of the spine into the core of the earth and energy from the core of the earth running back into the feet, legs and body.



Rubbing hands- partnered exercise

- Couples choose an A and a B.
- A's vigorously rub their hands together to charge their energy field.
- A's then close their eyes and stand with their hands about 6 inches apart.
- B's take one of their own hands, place it in between A's hands and slowly remove it, and repeat.
- A's tell B's when they sense B's hand being in between their hand and when they remove it.
- Switch who is A and B and repeat.



Homework before next class (Part 2)

Practice contact skills by asking each other the following questions:

- What I love most about having sex with you is...
- You turn me on when you...
- One of the best times we had sex was...because...
- To feel like I am in the mood for sex I need...
- If I could ask you to do one thing to me the next time we have sex, I would like you to... (Taormino, 2001, p. 139).



Continue to practice grounding and sensing the HEF daily.

Homework Continued-Erotic Touching Exercises

Feathering and Fingertip Stroking

Feathering

- Partner A lies down with the help of partner B.
- Partner B closes their eyes
- Partner A gently stroke and brush your partner's entire body with the feather, consciously letting the energy of your heart- your caring, your appreciation, and your love- flow down through your arms and into the touching.
- Partner B, don't hold back. As you feel the sensations through your body make sighs, sounds and sensuous movements as you welcome the touching.
- Share your experiences and switch partners.



Fingertip Stroking

- Try the same exercise with light fingertip stroke (Anand, 1989).

Part 2- Understanding the Chakra System



Here is what you'll learn:

- Definition of “chakras”
- The location and function of 2 of the 7 major chakras.
- How to use them to create sexual tension.
- How to continue to increase sensitivity and trust .

Definition and Function of the Chakras

Definition of the Chakras

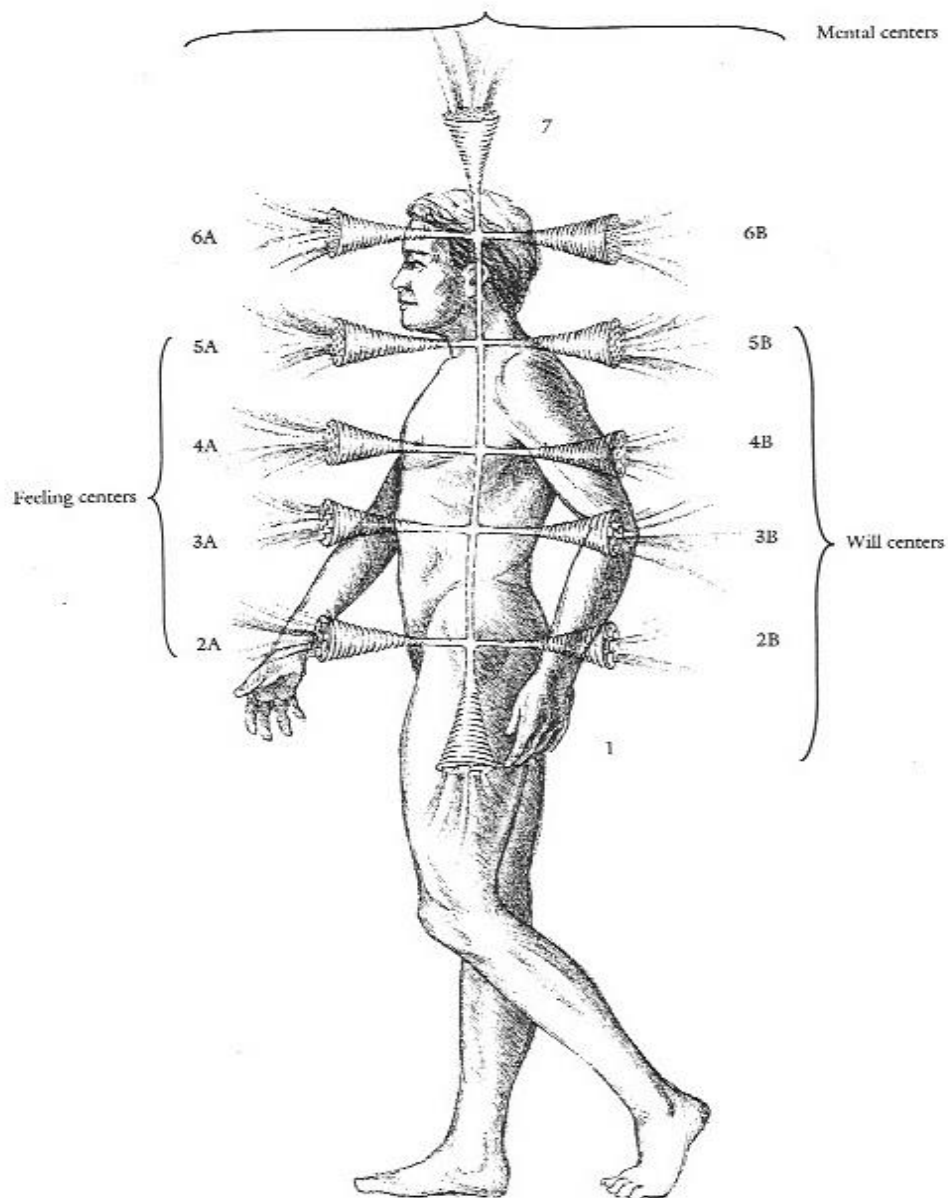
- Spine = highway of energy.
- Spinal cord- nervous tissue, sends out signals from brain to the rest of the body- receives input from the body & sends them to the brain & controls many reflexes.
- Energetic level = “vertical power current”.
- Along spine seven major vortices of energy - called “chakras”- means “wheel” in Sanskrit.

Function of the Chakras

- Exchange of human energy through their spinning.
- A chakra is “open” if it spinning clockwise- metabolizing energy from the HEF.
- A chakra is “closed” if it is spinning counterclockwise and interfering with energetic metabolism.
- The more energy we let flow, the healthier we are.
- One definition of disease is the blockage of flow.

Diagram of the chakra system.

Notice chakras 2-6 penetrate the body and therefore have a “front and a backside” (Brennan, 1988).



Location and Function of Chakra #1

Note- different texts may have slight difference of opinion about the functions of the first and second chakra.

Location: Tailbone

Function:

- Quantity of physical energy
- Will to live in physical reality
- Vitality, Presence and Power
- Tribal connections
- Survival

“open”- strong physical presence and vitality

“closed”- person appears low in energy, sickly, disassociated and avoids physical and sexual activity.

In the metaphysical literature as well as research conducted by Dr. Valerie Hunt, different chakras carry different frequencies that co-ordinate with color frequencies (Brennan, 1988).

Color frequency of the first chakra

- Red

Location and Function of Chakra #2

Chakras 2-6 go all the way through the body and therefore have “fronts” and “backs”, “A and B” respectively.

2A

Location: Pubic Center

Function:

- Quality of sexual energy
- Giving and receiving physical and sexual pleasure
- Ability to create life (egg and sperm) and give birth
- Creative energy

“open”- enjoyment of sex

“closed” - sexual power games, guilt about sex, fear of lack of sex, fear of ability to achieve orgasm

2B

Location: Sacral Center

Function:

- Quantity of sexual energy

“open” - sexually charged

“closed”- low sex drive

color vibrational frequency of the 2nd chakra

- orange

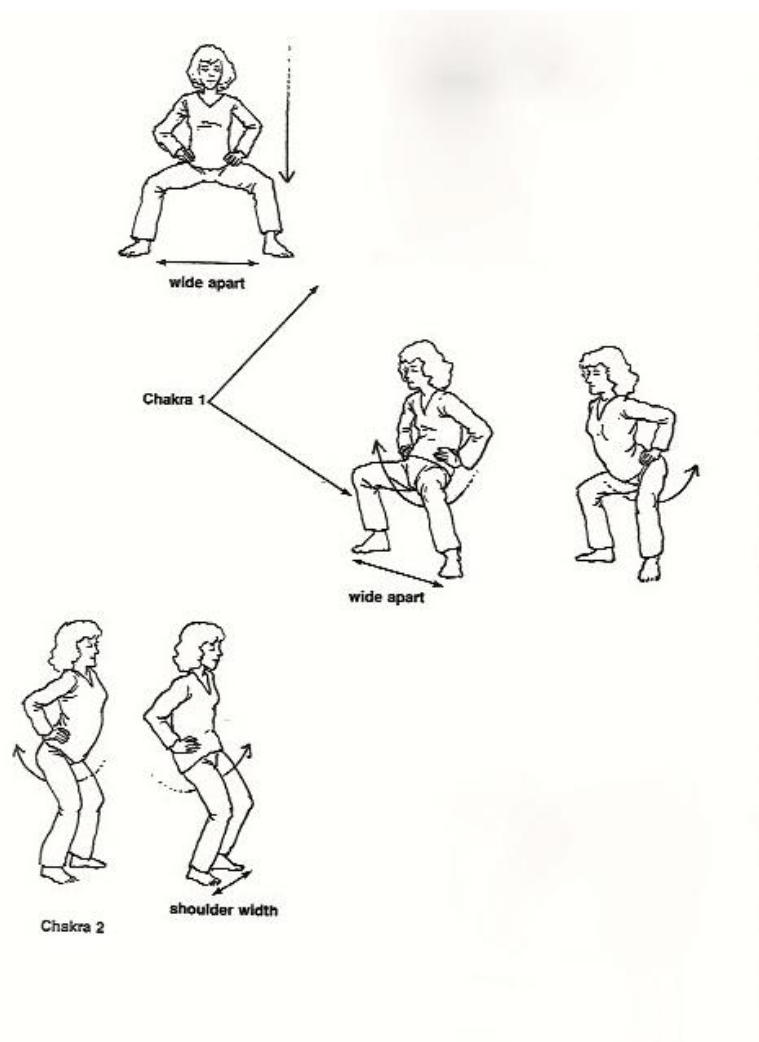


Exercise to Charge and Open Chakras 1&2

- Grounding Exercise for HEF
- Lower eyes and breathe
- Conscious awareness to 1st chakra
- Use hand to help spin it clockwise
- Breathe in the color RED
- Bring Conscious awareness to 2nd chakra, while holding awareness of 1st chakra
- Spin it clockwise front and back
- Breathe in the color ORANGE

Pelvic Rocking, Circling, Figure 8's

- Turn on Sensual Music
- Stand with feet hip distance apart
- Connect to Chakras 1 & 2
- Start Rocking the Pelvis Back and Forth
- Add Circles and Figure 8's
- Add in sounds; grunts, moans, whatever comes up (Brennan, 1988).



Homework To Do Before Part 3:

Wake Up the Senses and Trust Your Partner Exercise

Materials Needed: Blindfold and Household Items

- Separately both partners hunt around the house for articles that engage the senses of taste, smell, touch, and sound.
- Focus on one sense at a time.

Examples

***Taste-* chocolate, fruit, whipped cream, mustard, salt, pickles.**

***Smell-* essential oils, spices, rich soil, coffee beans**

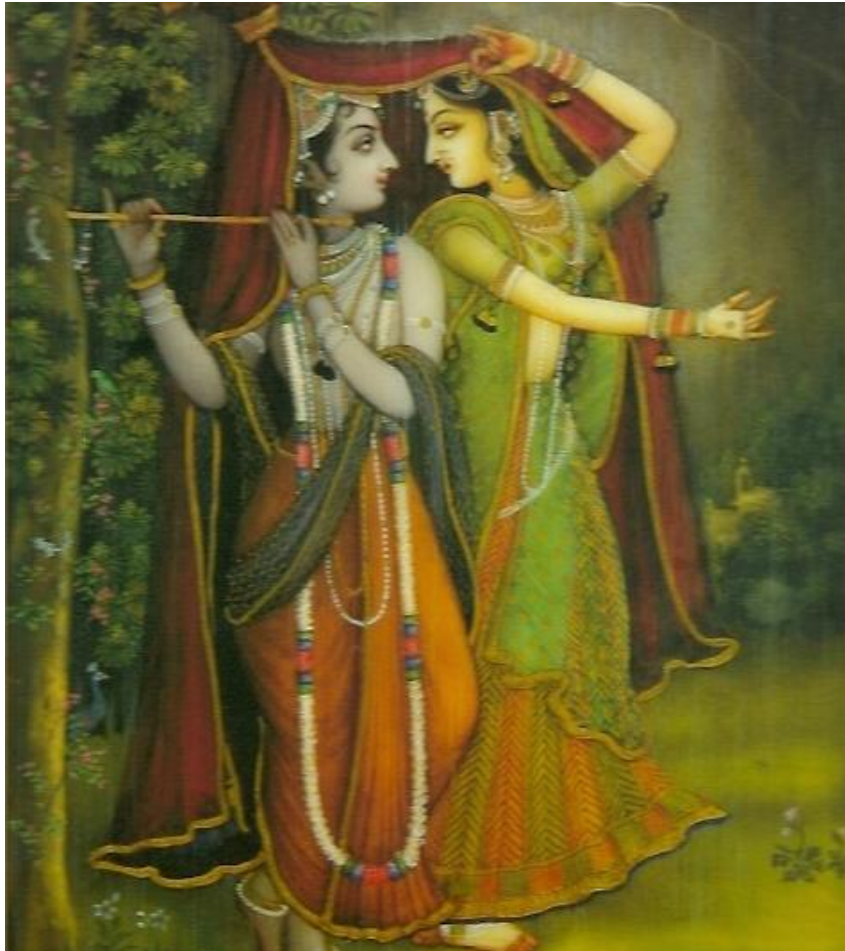
***Touch-* silk, ice cubes, leather, sandpaper, your fingernails**

***Sound-* bells, drums, chimes, your whisper**

- Blindfold partner and sit in front of them.
- Moans, oohs and ahhs are encouraged although speaking will take away from the exercise.
- Slowly run through each sense.
- When done sit in silence for a few moments, remove your partner's blindfold and share your experiences.
- Blindfold opposite partner and repeat (Carrellas, 2007, p.149).

Part 3- Chakras 3 & 4

How to run your sexual energy to your heart.



In this class you will learn:

- The location and functions of chakras 3 & 4 .
- Four Modes of Running Energy.
- Eye Gazing to Increase your “Hugging Hormones.”
- How to run juicy energy from your sex centers to your heart.

Location and Function of Chakra #3

3A

Location: solar plexus

Function: Generates personal power

Associated with knowing who you are in the world, sense of self

i.e.) during development, when we go from crawling to sitting to walking the 3rd chakra gets more involved with engaging with the world.

“open”- deeply fulfilling emotional life. Self acceptance. Sense of purpose.

“closed”- blocked feeling, numbness

If the sex centers and heart center are open, and the 3rd chakra is closed, the two- sex and heart- will function separately.

3B

Location: Lower thoracic area

Function: Intentionality towards ones health

“open”- usually open if the front is open- if a person has self-acceptance and a sense of purpose, chances are they’re more likely to care for their health.

“closed”- poor health habits

color vibrational frequency

- yellow

Location and Function of Chakra #4

Chakras 1-3 are physically oriented and carry the strengths and weaknesses of the body.

Chakra #4 – transition point in your body. It's where changes in relationships take place. It's where the body and the Soul meet.

4A

Location: The sternum (breastbone)

Function: Heart feelings of love

“open” – we love ourselves, our fellow human beings and all creatures on the earth. There is a passion to share joy & love.

“closed”- trouble loving and lacks ability to give love without expecting anything in return!

4B

Location: Between the shoulderblades.

Function: Ego will towards the outer world. The center in which we act in the physical world. Ambition. We go after what we want.

“open”- positive attitude about accomplishing things. See other people as support for those accomplishments.

“closed”- people will appear as blocks in our way of getting what we want. Beliefs about the universe being a hostile place where the strong aggressors will survive. Person makes the world safe by controlling others.

Color of vibrational frequency

- green.

Exercise in Running Energy- Push, Pull, Stop and Neutral (allow).



- Partners pick an A and B
- A is receptive for first round, B is active
- Partners connect hands and let energy flow
- Ask them: which way is it going? Get feedback
- B's PUSH energy out both hands.
- Go into Neutral
- B's repeat PUSH go into neutral
- B's STOP, no energy leaves
- Return to Neutral and repeat.
- B's PULL their energy with both hands, return to neutral and repeat.
- Partners disconnect hands, share, reconnect, switch active and receptive (Brennan, & Faculty, 1994).

Eye Gazing Exercise to Increase Oxytocin- Your “Cuddling Hormone”

- Scientific research shows that the Tantric practice of “Eye Gazing” increases the level of the “cuddling hormone” oxytocin.
- Two qualities that researchers of adult attachment theory say are indicative of securely attached couples:
 - 1) Trust
 - 2) The ability to interpret a partner’s emotions and provide them with care, such as a hug, if one is needed (Kunce & Shaver 1994, as cited in Peloquin, Brassard, Lafontaine, & Shaver, 2014 p. 565).
- The hormone, oxytocin has not only been found to enhance both those qualities, but is also shown to increase with the act of gazing into each other’s eyes (Guastella, Mitchell, & Dadds, 2007).

The Exercise:

- Partners sit directly across from each other with legs crossed or in a chair.
- Look into partners non-dominant eye (opposite eye of your dominant hand).
- According to Tantric practices, the non dominant eye is receptive and therefore is the gateway to the soul.
- Simply gaze into your partners eye and recognize their Divinity and you will see your own Divinity reflected back to you (Carrellas, 2007).

Run Energy From Your Pelvis- 1st and 2nd Chakras To Your Heart – 4th Chakra Diagram

Between the perineum and sex center (first and second chakras)



Between the sex center and solar plexus (second and third chakras)



Between the solar plexus and heart (third and fourth chakras)



Run Energy From Your Pelvis- 1st and 2nd Chakras To Your Heart – 4th Chakra Guided Meditation

- Lie comfortably on your back.
- Using a circular breath (inhale and exhale followed immediately by another inhale and exhale).
- Visualize your 1st chakra and 2nd chakras bring your breath and attention there.
- Gently rock your pelvis back and forth.
- Repeat for the 3rd chakra and keep that circle of energy moving.
- Now open your heart, think of something that makes you feel love for your partner, your wedding day, something they did etc.
- With the circular breath fill your heart center up with the juicy sensuality from the chakras beneath it.
- Keep that larger circle going.
- Keep breathing and notice the connection between your pelvis and your heart.

Conclusion- Putting It All Together

What about intercourse and all those crazy Kama Sutra Positions?

Remember, “[T]he art is not in how Tantric a position is, but how Tantrically you fuck in any position” (Carrellas, 2007, p. 160).

So yes, go ahead and expand your sexual repertoire’, but to do so Tantrically, the Erotic Attachment way:

- It means you are breathing.
- It means you are comfortable, relaxed and sharing energy.
- It means your attention is focused on what you’re doing AND your partner’s responses.
- It means you are present in the moment and not focusing on some future orgasmic goal.
- It means you are using ALL your senses and getting as much (if not more) pleasure out of giving to your partner.
- You are coming from a place of desire for intimate contact, without any defenses.
- You’re using your sensitivity to be able to sense and ask what your partners needs are, listen to their responses and care for them.

There Will Be a Level Two Workshop, Details TBA.

- Continue grounding your energy.
- Continue opening chakras 1-4.
- Keep making genuine contact with one another.
- Take care of each other!



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