

A Tantric Breathing Exercise

A powerful way to connect and exchange sexual energy is through breathwork. Tantric breathwork in particular is not about having an orgasm that lasts all day. It is a way to activate sexual energy between partners, building intimacy and magnetism.

To try this, sit facing each other, ideally with one partner sitting on the other's lap with the legs wrapped around their waist. The "base" partner is the one with the more masculine energy. They are providing the structure. The partner sitting on top is the one with the feminine energy of receiving. Try switching up who sits on the other's lap to evoke different types of sexual energy.

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Once you are in position, you can simply look into each other's eyes and breathe. After a few minutes, your breath will sync up on its own. If you stop here, you will feel deeply connected. But to take this a step further, begin to move together, swaying your hips from side to side, finding a rhythm together. This activates your sexual energy, with the base partner giving their energy to the receptive partner on top. You will likely be shocked by the sensation of the energy moving between you and how powerful it is. This is a great practice for any couple that is curious about exchanging sexual energy. It can also be especially helpful for partners who feel that they have lost the spark in their relationship. It only takes a few minutes and can lead to profound results.