

# *The Relationship Center of Colorado*

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## **Good Breathing – Great Sex**

**By Pam Babbitt, S.I.**

Good breathing promotes great sex. Sound outrageous? Too simple? The truth is it's outrageously simple. Breath is the ultimate catalyst for sexual pleasure. It is the bridge between mind and body, and focusing on it can anchor us to the present. It unhooks us from all those thoughts cursing through our brains and connects us with our essential life energy (prana, chi, ki). Breathing creates receptivity in our body and an intimate connection with our partner. Are you breathing?

Let's try something: Sit face to face with your partner. Maintain a soft gaze with your left eyes for several minutes. Now shift your gaze to the rise and fall of their abdomen and chest as they breathe. Place a hand on your partner's abdomen and feel the expansion. By now you may have naturally synchronized your breathing. Close your eyes and listen to the breath as it enters and leaves your bodies. Now add a sound with your exhale. Did you notice a relaxation in your body posture? Did a smile creep across your face? Synchronized breathing is an intimate bond. You are telling your partner "I see you and I resonate with you."

Breath control is a multi-purpose tool and you have it right there in your own toolbox. Shallow breathing allows for shallow emotions; deep breathing can bring incredible emotional release. Each of our emotional states corresponds with a unique breath signature, and with intentional breath control we can actually induce a specific emotional experience. Alter your breath and you will alter the experience.

Rapid breathing can increase arousal; slow, deep breathing can keep you on the edge of sexual pleasure; long slow exhalations can assist you in letting go; extended inhalations can assist in developing your assertiveness and self-confidence. When you and your partner are highly aroused, become still, gaze softly into each other's left eye, breathe slowly and deeply together. Visualize moving your intense sexual energy up from your genitals throughout your body. This will deepen your energetic connection and prolong your pleasure. Breathing techniques can also delay an orgasm and extend and intensify the experience.

Use your breath to embrace sensations. Relax on the floor, wiggle the toes on your left foot and now meet the sensation with your breath. You can do it. Your

lungs may not reach that far, but your awareness of your breathing can reach anywhere. Breathe easily and reach toward those wigglers with your breath as you visualize a complete circuit of breath embracing the sensation. Your breath is increasing your ability to experience the sensation and also transporting it throughout your body. Let your imagination take over and play with some breathing exercises to embrace pleasurable sensations, solo or with a partner. This is a great way to fine tune your body to fully experience sensual touch and to connect intimately with another.

For the serious minded, there are many breathing techniques to practice, some with intricate sequences. For those of you who prefer to avoid tutorials and such, any awareness that you bring to your breathing before and during love making may greatly increase your pleasure potential. As with meditation and prayer, desire is the key. Just do it and don't get caught up in technique.

Our bodies have all the tools and hold all the answers. Our most precious knowledge is our body's own intuitive knowing. True growth and healing begin when we unearth that knowing and celebrate its expression. Blessings on your journey!

**Pam Babbitt, S.I. is the Director of the Relationship Center of Colorado. She offers tantra and sacred sexual guidance blended with current sexology, intimacy coaching and intuitive bodywork for individuals and couples in the Boulder area. Please contact her at 720 206.4777, [info@pambabbitt.com](mailto:info@pambabbitt.com) or [www.PamBabbitt.com](http://www.PamBabbitt.com).**