

Extatica 
THE WAY
TO AN
EROTIC, ECSTATIC LOVE LIFE

“7 Easy Ways To Re-Ignite Your Sex Life”

Arielle Ford, author of *Turn Your Mate Into Your Soulmate*, *The Soulmate Secret*, and *Wabi Sabi Love*, interviews Ellen Eatough, MA, “Your Genie for Electrifying, Soul-Connected Sex.”

Arielle Ford: Welcome, everyone. I am really excited because today. I'm interviewing my good friend, Ellen Eatough, who happens to be known as your genie for electrifying soul connected sex. We're going to be talking about seven easy ways to reignite your sex life. We're going to discuss how to re-envision your sex life, and throughout this discussion she's going to share with you creative ways to get your brain and body back into the game. Plus, she'll be sharing specific tips and solutions for busy people so that you could have more passion and more fun in your love life. At the end -- stick around for this -- she'll be leading us through a guided experience to help open up your orgasmic energy centers. But before I get her started here I'm going to give you her background.

She's the founder of extatica.com and her mission is to help you experience lifelong electrifying sex with a spiritually connected soul mate. Who doesn't want that? She's a sexual healer and a hypnotherapist. She has a master's degree in East-West Psychology. She also has over 30 years experience in holistic health and she's a trained practitioner in lots of different energetic and somatic modalities.

In 1998, seven years after she started working with clients on sexual healing, she suddenly began having dramatic personal encounters with sexual spiritual ecstasy. They were so dramatic that she became a research subject and a nationwide study on people who experience transcendent sex. Since she was already working in this realm, the researcher asked her to figure out how more people could actually have the same kind of extraordinary experiences that she's having. This led her to spend years researching how to cultivate the powerful energies of sexuality, how to have an undefended heart, and to reverse engineer the conditions that make ecstatic lovemaking possible. She successfully delivered the results in group workshops and in her lovemaking enhancement program that she created, one that you can use in the privacy of your own home. She calls it the "Four Keys to Sexual Ecstasy."

Now, long fascinated with the interface of science and spirituality, Ellen is unique in her field in that she incorporates subtle energy tools and vibrational frequencies and these actually include sound and colored light, and then she also has products to enhance sexual passion and deepen intimacy. She includes tools like this in group programs to enhance sexuality and intimate communication. She also does private sessions with clients to help them release sexual and relationship wounding. And she has stuff that I'll admit Brian and I use which is her cutting-edge music for lovemaking, which is infused with Auditory Pheromones®. These stimulate passion, deepen intimacy, and enhance spiritual connection in bed.

So welcome, Ellen.

Ellen Eatough: Thank you so much. I really appreciate being here.

AF: Oh, it's so fun. We just love your music.

EE: You didn't say who you are, Arielle Ford. I just want to emphasize that. Your latest book, that I've been privy to see the before published version of, *Turn Your Mate into Your Soulmate*, is just a terrific resource, and I think everybody should read it.

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AF: Thank you. Thank you.

How We Can Re-Envision Our Sex Life

AF: I know that you are going to give us seven amazing tips. But before we get into that, let's talk about how can we re-envision our sex life? So whether we've been with somebody a year or 30 years, we all know that at some point for most people it gets a little dull, it gets a little routine, or there are so many resentments that get built up, nobody even wants to have sex. So what would you share with the audience on how to reinvention your sex life?

EE: I think that more and more people want a bigger vision of their sex lives than just going through the routine and each person ideally having at least one orgasm and then you're done. There is nothing wrong with that. But we get to a certain time in our life and in our relationships where it's sort of like, well, "Is that all there is?" Could there be more? If there is, what could that be? Especially for people who have been in long-term relationships, on one level you may not be having the sex you imagined having when you first fell in love or the sex you first had then or the sex life you envisioned carrying forward in your relationship. But the truth is much more is actually possible than when you first fell in love. Hopefully, if you've been together for a while, your love is now deeper and it actually has the potential for depth and transcendence you may not even realize is possible yet.

As you said, my mission is to help people enjoy lifelong electrifying sex with a spiritually connected soul mate. So I'm really about combining the sexual and that soul connection or the spiritual, however people relate to that.

Transcendent Sex

AF: So a quick question. For those who don't quite understand what transcendence is, can you give us more of a description of what would that look or feel like to have transcendent sex?

EE: Excellent. Okay. There was one definition for the research I was involved in. It was very much a psychological definition, but I think a more relatable definition is in line with what the French philosopher, Pierre Teilhard de Chardin, said. He said, "We're not human beings having a spiritual experience. We are spiritual beings having the human experience." When we share the visceral electrifying full body orgasmic pleasure with a partner while maintaining a soul connected, even spiritual experience, it's an experience of oneness that I feel transcends the everyday personality. For me that's the ultimate.

For me transcendent, it's not really going beyond the physical. It's really incorporating that very physical embodied pleasure, that very human side of us, with our essence, that part of us that's kind of indescribable, that part of us that really goes beyond the physical, that is the spiritual, or that soul that we want so desperately to connect with another person, in addition to connecting with them on a physical level.

AF: So it sounds like you could have a transcendent experience with or without an orgasm.

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EE: Absolutely. Yes, you're right. Actually, you can have a transcendent experience carrying out the garbage. It doesn't have to be about sex at all. Of course, people meditate for years trying to have these transcendent experiences. I've had this sort of thing happen myself alone, a solo experience unrelated to the physical, unrelated to sex. But since we're talking about sexuality, I believe that one prerequisite for transcendent sex is that we have to tap into and maintain the passion. That passion is that very human quality. It's an expression of our vital life force energy. Sexual passion is sort of like the most. It's sort of like that energy from which we're all born, from which everything alive really has originated.

To me the word "electrifying" -- I use the word "electrifying" because it's a very physical, because you can feel electrifying in your body. Even with the minor shocks like a little shock of a static electricity after shuffling your feet on a synthetic carpet or a more major shock like touching an electric fence or being struck by lightning, you feel it and you can't see electricity because electricity is like energy in motion. I think it's really about the passion and about the energy and about that other part that's unseeable but is definitely extremely powerful.

Orgasms

Let's talk about just orgasms. Orgasms are both physical and energetic. The physical part is the contraction of the pelvic floor and that tension that builds up throughout our musculature and then eventually that release, but it's also potentially a wave of energy that begins at the base of your spine and travels up your body and up the top of your head. You can experience that orgasmic energy for prolonged periods in a sexual experience alone or with a partner, and you can have it with or without those physical pelvic floor contractions that are medically considered an orgasm.

In my opinion, together, that's the best, that's fantastic. You add to that -- to answer your question -- you add the physical orgasmic contractions, the energetic orgasmic waves pulsing through your body and ideally both of you together if you're with a partner. That open-hearted soul connection and even a connection with a sense of being one with all that is like being that primordial sexual love energy just happening like God pressed out into human form, God expressed, to me that's transcendent, that's the ultimate.

AF: That makes so much sense. I know that you just don't work with cognitive information; you also work with subtle energy. Can you tell us what that means and how it can help our sex life?

EE: Yes. First of all, oftentimes it's difficult to translate between cognitive energy like reading a book or hearing instructions. That goes into our mental level, our cognitive level. For most of us, it's a little difficult to translate that into our physical and emotional experience. That's why I work with subtle energy tools because -- let's use the analogy of something grossly physical like lighting a fire. If you create the kindling and you get the flame going and you put a log on some kindling, you can light a fire and you can burn that fire, that wood, and it's going to create heat. It's going to create a lot of heat, right? The more logs you pile on, the more heat it's going to create.

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But on a more subtle level, if you go to the atomic level of that wood and split an atom, it's so much more powerful. That creates an atomic explosion. If you go to even a more subtle level and find the neutron within that atom and split that, that creates a neutron bomb, a nuclear bomb. So it's like the more subtle you go, the more powerful it is and, in my experience working with people, the more rapid results one can experience.

AF: Yummy. All right. Well, let's --

EE: Maybe not nuclear fusion but I think that's the --

AF: I like the whole nuclear explosion possibility. You've got my attention. All right. So take us through these seven tips and let us understand how we can the start putting the boom back in the bed.

Tip #1: Re-Activate the "Chemistry" and Passion You Felt When You First Fell in Love

EE: Okay. Oh, I like that. The first one is really to reengage the chemistry that brought you together in the first place. Everybody talks about we had great chemistry or he was great on a list, on my checklist of what I wanted, but we just didn't have chemistry. So there's this inexplicable thing. Brain science -- I'm very much how the brain science and neurology and hormonal systems affect our love life.

This is particularly from Dr. Rick Hanson, a psychologist and the author of the Neuroscience of Zen and he's got several other books on brain science. Basically, he has a great little analogy. He says the brain is like Velcro for the bad and Teflon for the good. That means that evolutionary-wise we've learned to really stick and remember all the negative things so we can look out for danger and the good stuff just kind of slides off like Teflon. For example, if you go to your annual job assessment.

AF: Performance review?

EE: Performance review. There you go. Let's say there are 20 items on the review and 19 of them your boss says, "Oh, you're doing great." One of them is "needs improvement." So when you go home, you're driving home, what's going to stick in your mind?

AF: The worst thing they said.

Override the Negative – "The Brain is Like Velcro for the Bad and Teflon for the Good"

EE: That's right. The reason I'm telling you this is because this is what happens in our relationships. We fall in love. We have all this chemistry. We're in this early stage of that honeymoon period. Eventually, life takes over and we are looking at our partner or talking with our partner when a lot of what might be considered negative stuff happens; when there are stresses; when there are work stresses, family stresses, health stresses. When you have to move your home, that's always stressful. All these different things that happen,

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we start associating in our brain synapses with our partner, with the person we're with at the time. So that becomes sort of like the Velcro for the bad or the negative.

There are a couple things we can do. One is don't assume your partner knows that you love and appreciate them and find them attractive. So you have to really override that negative. You have to really every day affirm to your partner not just that you love them, but also things that you appreciate about them, things you have gratitude for. It can be things that have to do with their physical sensual being like, "I just love how I feel when you have your strong arms around me," "I love that twinkle in your eye," "I love the way tell me you love me," whatever it is, "I love that we hold hands in the movie," and also the larger things about your relationship that you appreciate. That helps on a consistent basis to re-infuse the positive, because you know it's not going to stick like the negative.

Reenact The Scenario When You First Fell In Love Or First Felt Sexual Attraction

Another thing that's really great to do, the first is on a regular basis that you do that every day at least, but another thing you can do with your partner is just block out a little bit of time and actually reenact the scenario when you first fell in love or when you first felt sexual attraction. Now, when you fell in love with your partner and when you felt sexual attraction may be two different events. In fact, they may be two different events than what your partner remembers or experiences. So you may have as many as four possible scenarios but you literally want to act out.

Let's say a friend introduced you at a dinner gathering and you might want to imagine how you first saw each other across the room and when they introduced you and the way you looked at each other when you sat across the dinner table from each other and the posture you were in, how you held yourself, whatever the flirtatious looks were. Try to imagine what you said to each other. You can actually start to reconnect your brain synapses to reignite that feeling of that attraction.

AF: Oh, that's cool.

EE: Yeah. I've run a lot of people through this and it's a very powerful exercise to do. It can be fun. I mean you can be playful about it. You want to exaggerate and be an actor in your own life scene. It has a very powerful effect of reconnecting those brain synapses to help you reestablish that chemistry and override a lot of the more mundane or negative things that might have happened in the meantime.

AF: Perfect. So what about tip number two? What do we do for that?

Tip #2: Carve Out Time For Your Sensual Life Together

EE: Okay. So you might have heard something like this but it's really to carve out time for your sensual life together. Life gets in the way of passion. You actually said in your book that your grandparents may have had more sex than we do today because of all the things that get in the way -- television and social media and computers and all the things out of

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the social life that we have. It's really a point well taken. If you don't carve out time to be sensual together, it's really easy to lose touch with that.

Not Just a Conventional Date Night – An Erotic Date

I'm not talking about just a conventional date night, dinner and a movie or getting together with friends. That's great to do. But this is really carving out at least two hours a week ideally on a regular timeframe, like every Friday night from 8:00 to 10:00, whatever it is you're going to commit to, to have sensual time together. It's an erotic date. You may not end up having sexual intercourse, but it could be that you light some candles and some nice music. You might take a bubble bath together. You might put some towels over the sheets on your bed and massage each other with oil. It might just be that you lie together and cuddle and talk but something that involves some degree of sensuality.

We often think that, oh, if you plan ahead, there's no spontaneity. If you think back when you were first dating, you planned time to be together and the anticipation actually -- especially for women -- is a level of foreplay. The anticipation starts to get your body and brain geared toward the anticipation of pleasure and connection. If you open yourself to that possibility and you set aside the time to be together, you may or may not have sex but you give yourself the time and space to let spontaneity and sensuality take you to wherever it does.

Ideally, if you start thinking about it a couple days in advance, you might want to put a note in your partner's sock drawer or their briefcase or next to the bathroom sink or the bedside table, something that says, "I'm really looking forward to our erotic date. Here's what I'm thinking of doing for you or to you." You could do this in a text or an email or a phone message. It's the idea of again kind of revisiting an aspect of those early courtship times.

AF: That sounds like fun.

EE: Yeah, but really to carve out that time. Once you get it started, it's really valuable and it can really carry you through the times when you don't feel good, when you feel stressed, when neither one of you feels like really doing it but you just get together and if nothing else, you just lie together and hold each other, but at least you've got that time. It could be that you read erotic stories to each other. It could be that you watch an erotic video. It could be a chick flick that you watch. It could be that romantic. It could be experimenting with a little porn together, whatever it is, but anything that is devoted just for you.

AF: Or go visit the sex toy store together and pick out some toys to try.

EE: Absolutely. That's a really good idea. But then you still have to spend the two hours at home together in that private --

AF: Yeah, you got to take them out of the bag.

EE: Yeah. Wash them up. Got to put them into action, that's right, and have them available. So the bottom line is just really -- this is what keeps you from being just roommates or

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companions. It's the sensuality in your life and the sexuality that makes you intimate partners as opposed to just roommates. And carving out that time is really critical.

AF: Okay. I love that. What is tip number three?

Tip #3: Be Sure the Woman Is Fully Engorged Before Having Vaginal Penetration.

Okay. Tip number three is being sure that the woman is fully engorged before you have vaginal penetration, whether it's manual or intercourse. This is not to say that you should never have quickies. Sometimes quickies are a great way just to keep things cookin.' And yes, you can just lube up and have a quickie now and then especially if you and your partner have different levels of libido and you want to support your partner, male partner if it's a man. But for really passionate sex, a woman needs to be fully engorged like a man has to have -- you'll have better sex if he's got an erection, right? This is partly facilitated by that anticipation of your erotic time together. So that just actually starts to move your energy into your pelvis.

Really a woman needs a lot of mental, emotional and physical stimulation. Women's sexual energy is like water. It moves from the top down or the extremities in like if you're lying down and you had your arms and legs up in the air, you want to start with your head and your feet and your hands and move toward the core because what often happens as a woman, if you have a direct "erotic" or sexual contact to the breasts or genitals too soon, even if you feel like you're really interested and want to go there, there's -- I have not met a woman yet who doesn't admit that if it's too soon, it's almost like an involuntary contraction that you then have to overcome to move on to the next level if it's too soon.

Now, we don't realize that this happens when we're dating, when you're really attracted to somebody and you've got chemistry and you're really looking forward to the potential of taking it to the next level or even if you've been sexual or you're looking forward to the next time you're going to be sexual again, there is this anticipation and this is actually foreplay for women. Men don't realize it. But if you're going to start with a woman and you've been together for a long time, you need to recognize that your sexual energy moves from the extremities in.

For example, kissing or having your partner hold your face in his hands and just look you in the eye before he kisses you, that starts to connect on another level, that starts to warm your heart or you know that proverbial kiss on the back of the neck when you're on the computer or cooking in the kitchen or something, that sends a chill down most women spines and it starts to connect you with your body. But even just words of affection and appreciation start to send a woman's energy out of her head and into her heart. And then once you're really feeling connected in your heart, then your energy can move down to your pelvis and then your legs want to open.

But you really need to encourage your partner, whether it's with those toys you just bought at the adult sex store, or manual or oral stimulation. You really need to have plenty of

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engorgement, meaning the blood needs to be flowing into a woman's pelvic tissues before she's really going to have a great time sexually.

The clitoris is just the tip of the iceberg. The legs of the clitoris really go deep inside and wrap around the vagina. When a woman gets really aroused, her labia get kind of puffy and pink, and the legs of that clitoris inside start to swell or get erect. That creates more pressure on the vagina. There's a point at which a woman will tend to feel almost like an ache, a physical desire for penetration. That's when it really is the great time to actually have penetration.

Most people in long-term relationships forget about that and have penetration soon enough that it's harder for a woman to really have the maximal passion and pleasure that she could have. So full engorgement before penetration.

AF: I got it. It makes sense. So what is tip number four?

Tip #4: Get Out of Your Head and Into Your Body for Sex

EE: Tip number four is to get out of your head and into your body for sex. Several years ago, I did a little survey and I had about a thousand people responded, pretty equally men and women. I had 20 questions and a lot of multiple choice, but then I had an open-ended question. After I analyzed all the open-ended questions, it was really interesting because the men would say, "If I could just get her out of her head and into her body, that would take care of it, that would resolve sexual problems." And you know what the women said their biggest problem was?

AF: What?

EE: Getting out of their head and into their body.

AF: Okay. How does one do that?

Talk graphically about your physical experience, what's turning you on.

EE: How does one do that? Part of it is what I was just describing in terms of the sexual energy flow and moving from, expressions of affection into the heart and then down into the body. But there are some specific things that a woman can do and one is to talk graphically about your physical experience, what turned you on. Like, for example -- and I hope it's okay here to get kind of graphic.

AF: Go for it.

EE: For example, let's say your partner is caressing you. You can say, "Oh, I love the way you circle my breasts before you get to the nipples." You can't say that without focusing on your physicality, right? Or you can say, "Oh, I love the way your tongue does such and such." Or if you're having intercourse, you can say, "Oh, I really got it so hot the way you

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fill me up," or "I feel the warmth of your cock inside me," or "Oh, when we turn to this angle, it just opens up a whole new dimension inside me."

You can't say those things when you're in your head. You actually have to be focusing on your body in order to come up with those, to focus enough on your physical and pleasure sensations to have something to say. People say, "Oh, I don't know how to talk dirty." This isn't talking dirty. This is talking physical in a way that's a real turn-on for both parties. It's a turn-on for a woman to focus on her body. And then when she says it to her partner, if it turned on for him and then if he would start talking about what he feels like, "Oh, the softness of your skin I just really feel enveloped in it," or you can even talk before you get to the real sexual part just like, "Oh, I just love the strength of your hands as you grab my butt," or "The weight of your body on mine makes me feel so feminine," or anything that helps you describe your physical experience and your sensations of pleasure will help you get out of your head and into your body.

Exaggerate Your Vocal Response

There's another thing and that is that -- and this is hard for a lot of women and hard for a lot of men too actually -- exaggerate your vocal response. You see, your own voice actually helps you get into it. It's like, for example, if you're watching a horror movie and you scream, what does that do? What does it do to your body if you can imagine? I don't watch horror movies either but if you see something horrific in a movie, what does it --

AF: Yeah, you cringe.

EE: Yeah, you cringe and you might even scream and when you do scream or cringe, it has a physiological response, and it creates like an adrenaline rush and attention. In a similar way, remember the movie, that iconic scene in the movie *When Harry Met Sally* with Meg Ryan and Billy Crystal?

AF: Right. She's faking an orgasm in the deli.

EE: That's right and she's doing this whole thing it's like, "Oh, oh!" And she goes on and on and she goes, "Yes! Yes! I'm getting close." She keeps going on and on, "Oh, oh!" People are staring, and she's having a great time and Billy Crystal was like dying a thousand deaths of embarrassment.

But, of course, at the end then the woman across the way, she says, "I'll have what she's having," because it's so exciting. When you let yourself make these noises and actually exaggerate your experience a bit, it actually has a physiological effect on you. And you start to feel it more when you let yourself make the sounds that go with it. When you have the moans and groans, you actually start to feel it more, and it gets you right out of your head and into your body.

AF: Cool. I love that. I like how it works.

EE: Okay. You have to send me an update.

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AF: All right. What is tip number five?

Tip 5: Forget "The Golden Rule" in Bed

EE: Okay. This one is to forget "The Golden Rule" in bed. And that may sound like blasphemy. So "The Golden Rule," for those who aren't familiar with it, is the idea that "Do unto others as you would have them do unto you." The reason this doesn't work in bed is that it tends to be non-verbal and we tend to do to our partner what we would want them to do to us.

So let's say your partner is touching you with too much pressure and you'd like a more gentle caress or fingers just grazing across the surface of your skin or just something softer and more sensual. So what we tend to do is like, "Oh, well, he'll get it if I just do it to him the way I'd like it, then he would know what that feels like and then he would want to do it to me."

When it Comes to Touch, Men and Women Have Evolved Differently

But the problem is men and women, especially when it comes to touch, have evolved differently. Men evolutionary-wise biologically have developed tougher skin. They've been more exposed to the elements in ancient history. So they actually need firmer touch to really feel it, to really feel pleasure. Women whose bodies have tended to be more protected from the elements throughout millennia actually -- sometimes we're almost difficult to handle with the stronger pressure. We like those softer sensual experiences.

So what happens is if you touch your partner in the way you want to be touched, it might actually feel almost ticklish to him. So what he does in return is like, "Oh, she doesn't get it. I want firmer touch." And so he gives you firmer touch and so it's this vicious cycle down the wrong path. So instead of the Golden Rule, we want to adopt "The Platinum Rule," which is "Do you want to others as they would want you to do unto them." So basically, instead of doing to your partner what you'd want, do to your partner what you know they want.

Now, this may require some conversation at some point but you can experiment with your partner like with a man, start giving him firmer touch. You might feel like it's almost too firm, or scratches that are too intense, or whatever it is. And then if he doesn't get it in return that you don't want that necessarily for yourself, then you might just say, "Oh, can we try a softer touch?" or "How about a gentle caress?" That takes it a long way.

Another way to -- I can't help giving more than one tip per topic.

AF: Oh, we're not going to limit you here.

Teach Each Other How You Like to be Kissed

EE: Okay. Another one is to teach each other how you like to be kissed because typically couples who have been together a while kind of start defaulting to their most -- I don't

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know. They default to one style of kissing or just a couple styles of kissing. Sometimes that's not even either partner's favorite way to kiss. Kissing is so important and it's something you can actually do when you're not in bed, in a private situation oftentimes. It's something that really is a great precursor to sex. It helps stimulate your passion. It's just that wonderful sensual connection that's so personal.

You can invite your partner in a way that's not demanding but you can say, "I love kissing you. I think it would be fun to explore different ways to kiss. Even if we don't end up liking them as well as our usual, but it would really be fun just to explore. So how about if we teach each other some different ways we'd like to be kissed?" So then you establish partner A and partner B for purposes of this conversation. So let's say you're partner A. So you kiss partner B in the way that you'd like to be kissed, and then he or she mirrors back. They kiss you back in the way they think you just kissed them. And then you might need to say, "Okay, that was great but how about a little firmer or a little less tongue," or a little more tongue or whatever it is. And then they repeat it till they get it close enough. And you go, "Great. Okay, now, you teach me a way you'd like to be kissed." And they kiss you and then you try to emulate that and receive feedback until you get it right.

Don't just stop with one each. I suggest you really start to get playful now and you try different things that could be like looking around the edges of each other's lips, or you could do the upside down kind of Spider-Man kiss where one person is lying down on the couch or the bed and the other person comes at them from the head so that you've got your eyes or their chin in your mouth as to where their eyes and then you upside down kiss it. It feels like kissing an entirely different person. So this exploration will then expand your kissing repertoire and you're more likely to get more of the kind of kisses you each want especially if you then discuss which ones were your favorites.

Again, that's about moving away from the Golden Rule and moving toward the Platinum Rule so that you're touching and kissing each other more in the way that the other person really wants and desires, and in return they would do the same for you.

AF: Awesome. Love that. More kissing to come. Yay! So what's number six?

Tip #6: Conquer Molehills Before They Become Mountains

EE: Okay. Six is to conquer molehills before they become mountains. The larger body here of information, which is too big to get into in a lot of depth, but it's really about not telling each other what you really want in bed, not really sharing your intimate desires. The unfortunate fact is most people find it easier to talk about their sex life with a stranger on an airplane than the person they sleep with.

AF: Say that again.

EE: Most people are more comfortable talking about their sex life with a stranger on an airplane than they are telling their lover, the person they sleep with what they really want and desire.

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AF: I had no idea.

EE: Yeah. It's really difficult for most people to talk about what they really want and desire with their partner especially after they've been together for a while because you get into these almost like unspoken agreements about the range of your sex life. If you do two circles and one of them is each person and you overlap them a bit, then it's a place where you overlap that's like your acceptable sex life together. You might each have other things that you'd want to try or have experience before, but it's only the part that overlaps that's really the acceptable area for both of you that you even delve into. Often you don't even discuss some of the other possibilities.

It could be something as simple as wanting to be kissed differently, or it could be something a little more exciting like going to visit an adult sex store or even something like watching -- let's say a heterosexual couple watching gay porn to see two women, for example, making love with each other because that's something you can say, "Oh, a woman really understands how a woman wants to be made love to," so you could point to something for your partner saying, "Isn't it interesting how she touches her? I'd really like to experience that with you." It doesn't mean you're into that particularly with somebody of the same sex or anybody other than your partner but as a way of describing it.

"The Touch Trap"

The point I'm trying to make here is that most people are afraid to discuss what they really want and need in bed. Here's something very simple and very common. This is so common that so many people experience this with their partner. I call it the touch trap. This is one of those molehills that can become a mountain if you don't catch it in time.

Let's say there are two people in bed, say partner A and partner B. Partner A would really love to just kiss and cuddle and go to sleep wrapped in each other's arms. So they move in to cuddle and start kissing partner B. Partner B takes that mistakenly as a signal that partner A wants to have a full sexual experience. If partner B is too stressed out or too tired, doesn't feel well, they may back off and actually reject the offer that's being made not realizing that it was just an offer to kiss and cuddle which partner B might have been delighted to have. But if they back off, then partner A feels rejected and is less likely to try that the next time. And then the next time that partner B makes an overture for actual sex, then it just becomes a mire.

I just see many couples experience this. The solution is so easy, which is just to talk about it. It could be something as easy as, you know, you could have a verbal signal or a tactile signal. It could be that, if you start to cuddle and kiss each other, that's all you really want unless you tap them three times on the butt or whatever it is. Or you could say, "Can we just have a little kiss you face and cuddle before we sleep?" Or if you want more, you can have another phrase for that.

Does that make sense that people can get into that trap?

AF: Yeah.

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EE: It's just a very common trap. So it's really important to notice those things happening. What happens then is that both people end up going to sleep facing the opposite wall when they would really love to just connect and it starts to create this chasm between them, which is what becomes the mountain. The molehill becomes a mountain. It takes them down the wrong path.

AF: It makes perfect sense.

EE: The bottom line is communication.

AF: It's a really necessary component in every relationship.

EE: It is.

AF: So what's the seventh and final tip you're going to share before you take us on this guided experience?

Tip #7: Consciously Expand Your Sexual Technique and Repertoire

EE: Yeah. The final tip is really to consciously expand your sexual technique and repertoire because we often get into routines and patterns with our partner. It's a certain comfort level. But the brain likes novelty. If you hear white noise in the background, maybe a mechanical noise, it could be irritating at first but eventually you get used to it. What works in the past relative to pleasure and sexuality may not continue working if it's routine and expected.

So it's really important to recognize that this happens and also that we go through different stages of our sexual development and evolution even as adults. There are hormonal changes. There are the ups and downs of stress in life. There are women cycles, monthly cycles, and the cycles over a lifetime. There are children and birth, pregnancy, the whole thing. These get in the way.

Vary Thrusting Patterns

So some little examples of things that would be about expanding your sexual repertoire would be something as simple as trying some variety during intercourse with thrusting patterns. For example, most people tend to get into a typical long, deep stroke. There are other possibilities like the tip of the penis and the outer edges of the vagina have the most nerve endings whereas the deeper regions of the vagina and the shaft of the penis have more sensitivity to pressure so there's some variation built in. So you can have short, shallow thrusts which stimulate these high nerve-rich areas or you can have deep, short thrusts so you go in all the way and then just pull out like an inch or so in and out if you've got some deepness and that creates a certain kind of pressure. So if you vary these three types, just these three simple things -- short, shallow, deep, short and long, deep strokes -- that can create some variety right there. You create different sensations.

Change the Angle of Penetration

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Another might be to change the angle of penetration by propping up cushions underneath one person's hips or propping up one person's hips like a woman's hips at the edge of the bed where a man is kneeling or standing. Of course then there are always things like taking classes or learning more possibilities to expand your sexual repertoire. But it's really important to consciously keep expanding it.

An "Easy Button" for Better Sex

I do have an "easy button" for better sex, which is what you mentioned in the beginning, my Music for Better Sex Infused with Auditory Pheromones, and those are resonant frequencies that I couldn't believe when we first created it the kinds of things that happen, but I get people all the time telling me that "We've been together 29 years. We really had 'blahs in the bedroom' and all of a sudden I'm having multiple orgasms for the first time in years. My husband was able to last longer," or people are feeling a deeper emotional heartfelt connection. It opens up the heart centers and the passion. That's just an "easy button," MusicForBetterSex.com.

AF: Fantastic, MusicForBetterSex.com. What a great URL. So tell us about this guided experience and how long it is and what it's for. And then let's do it.

Guided Experience

EE: Okay. So basically, what happens is as we go through life we get suppressed or squelched especially through our family, through our culture, through the collective wounding and so to speak. We go to speak our truth. As a child, we observe something going on in the family and everybody tells us to shut up. It's like, "We don't talk about that." We just go through life and all kinds of things stimulate guilt and shame or inhibition toward expressing ourselves verbally or sexually or whatever. Then we go through experiences and our heart gets broken. We tend to be maybe less likely to want to love again or we protect ourselves, we create armor. So all of these things happen.

The ultimate goal in releasing and clearing out this energy is relative to what I refer to at the very beginning, the orgasmic wave or the Kundalini energy, you might have heard it called. It's a baby who's just lying down and breathing naturally has this wave action going on through their body very naturally. As we grow up and life happens, we get more stiff.

As we gradually open up our energy channels when we are stimulated sexually or erotically or that vital life force energy starts to pull through us, whether it's sexual or not, there's a natural wave that can happen and it's very pleasurable. It can be quite contagious with your partner. Most of what happened that we consider love, great sex, and passion really happens at an energetic and subconscious level. That's why I put a lot of attention on energy in my work.

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This exercise is not going to necessarily stimulate your Kundalini energy but it's just a taste of beginning to relax into and open up some of those areas where we may have been blocked or inhibited.

AF: It sounds well worth doing. How long is the process going to be?

EE: Well, I haven't exactly timed it but probably 15 minutes or so.

AF: Oh, okay. Do we need to close our eyes?

EE: Yes. If you're driving, definitely do not do this. Pull over or come back and revisit this at some point when you're not driving. What I want to say is so many people are familiar with the seven chakras. I'm going to actually have us visualize 11 colors because there are areas that our energy gets blocked between the chakras even. So I'm not specifically going to focus on chakras although I will refer to regions of the body just for reference points, but I'm going to ask you to envision colors. We're connecting with the energy of the color. Just take a first sort of tow in the water, experience of releasing some of the energy around that and moving toward the positive because each of these energy centers has a theme and the theme can get expressed in a repressed manifestation or in a fully expressed or positive life-engaging manifestation. So we'll just do a little with each of these. Sounds okay?

AF: Sounds great. I'm ready.

EE: Okay, great. So first, let's just let ourselves relax into it. So let's take a few deep breaths. Breathe in, hold for a moment, and then relax. Let yourself just stay on that exhale for a moment until your body naturally wants to inhale again. And then when it does, inhale and exhale, relax. One last time when you're ready, inhale, just the very depths of your belly, and exhale, release.

I'd like you to tune in to the base of your spine. If you're sitting, it's that place at the very base of your spine, kind of inwards between your vagina and your anus, the perineum area, which is where you're really connected to the Earth. It's really great to imagine that you're sending a plum line in a construction, if you hold a weight at the bottom of a string just to see what's directly straight down. Imagine you've got a plum line going all the way to the center of the Earth. Just keep inhale and exhale and just allow yourself to release and connect into the Earth.

Ruby

Imagine, if you can, the color ruby like the gemstone, ruby; that deep, dark red. This is the color of life instinct. On the positive end of the spectrum, it's the desire to live and it's that stability and rootedness. It's about sensory awareness. What I'd like to release is any sense of numbness. Sometimes that comes with shock and it can stimulate our survival instinct or insecurity. So we want to just breathe in and release down into the Earth any sense of shock or numbness, any insecurity. Breathe again and just release down into the Earth anything that doesn't feel safe. Just let it go. The Earth can absorb all of that negative energy.

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Now, breathe up and in from the Earth, that Mother Earth nurturing energy. Just breathe in a sense of safety and security and a desire to live and exhale and relax. And then keep breathing up and in from the Earth, that sense of aliveness and sensory awareness, just that human side of life just yummy, being aware of all of your senses, being here in this body on this Earth with an irrepressible desire to live. Just breathe in all those wonderful life qualities, of life and sensory awareness, and then just breathe out anything in the way of that.

Red

Now, let's move up just slightly very close to the same area but a little bit above to where you can envision the color red. Now, we're talking more about a rich red, more of a fire engine red or a stoplight red, the color of passion, Valentine's heart red, the color of passion. And still connecting in with the Earth, just recognize that this vital life force, this passion is really a source of sexual pleasure and euphoria and purpose in life. What often gets in the way of that is the other end of the spectrum like anger and rage and sense of danger.

It's not that we don't want to feel these things. It's unexpressed emotions that often put a cap on our passion. So we want to get in touch with any anger that's in there that's being held in that energy center, the Red. If it's there, just let yourself feel it for a moment. I want to ask you the question, are you willing to experience this feeling, whatever it is, one hundred percent? Just allow yourself to feel it for a moment.

Then let it go down that cord into the middle of the Earth where it can be absorbed. You might want to imagine this channel under the Earth actually expanding to the trunk of a tree or a tube that you can flush these energies down into the Earth. It's a two-way street. You can bring that earthly vital life force up into your body. As you release any sense of danger or risk down into the Earth and start to breathe in that sexual pleasure, purpose in life, a sense of passion, and let that come up through your body. Let it come up and move into your belly up and into your heart, into your throat and into your head and out the top of your head where it connects with the heavens so to speak.

So now we're creating a channel, a channel that goes all the way from the center of the Earth up through your body, up into the heavens above. And just allow that energy, that passion. Passion can be anger or it can be passionate love. So just recognize that and let the anger be felt when it's there and when it's ready to be released. Let it just flow down into the Earth, and then let that vital life energy come up from the center of the Earth into your body, circulate through your body out the top of your head with a sense of euphoria and purpose in life and passion.

Red-Orange

And now moving up to the area between your reproductive organs and that perineum; it's a little bit below your pubic bone. It's a red-orange color. It's between orange and red. It's a very powerful energy center or a very powerful area in which we hold a lot of guilt and shame and inhibition and a sense of excess responsibility, but it's really a color freedom. On

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the positive end of the spectrum, it's about spontaneity and creativity and childlike playfulness, all those qualities that make us feel free.

So let's tune in to that color of red-orange between the base of your spine and your pubic bone. Just see if there's any guilt or shame or inhibition residing there or any sense of excess responsibility, and just see what's there and breathe. Whatever is there, just allow yourself a moment to feel it. It's not going to last long. Just let yourself feel it. And then you can thank it and acknowledge that you felt it if you have, acknowledge that it's there if you haven't, and you can revisit it if necessary.

But for now let's just allow it to flow down that channel, that pipeline into the center of the Earth, and allow the energy of the Earth to move up through you into the base of your spine, up into your pelvis, into your genitals, your whole reproductive system, your digestive system, up into your heart and your throat and up the top of your head. Just let it fill you with a sense of spontaneity and creativity and childlike playfulness and freedom. Just breathe in that sense of freedom and breathe out anything in the way of that.

Orange

Now, let's move up to the color orange. This is a little above your pubic bone, the area of your reproductive organs internally. Orange is a really great color for self-esteem. It relates to, on the positive end of the spectrum, self-love in a sense of assertiveness and self-concept and confidence. On the downside, it can relate to passivity or a sense of inferiority. So let's tune to that color orange, kind of that Halloween pumpkin orange. Let it brighten and allow yourself for a moment just to notice if there's any inferiority or passivity residing there, lack of confidence, and just as yourself to feel it for a moment. Recognize that it's there.

When you've let yourself have a sense of it for the moment, just allow it to flow down that channel into the center of the Earth. And allow that beautiful Mother Earth energy to flow back up with positive self-esteem and self-love and assertiveness and a sense of strong self-concept and flow all way up through your body, infusing your entire being with a sense of positive self-esteem and flowing all the way up and out the top of your head into the heavens above. Just reside in that sense of self-confidence and worthiness and worthiness to experience sexual pleasure and worthiness to experience love and connectedness.

Yellow

Now, let's move up and tune in to the area of the solar plexus right there, kind of around your navel. For you it may be a little above or below. That's just fine wherever that is that you feel that sense of empowerment, that place where we hold our power. Power can be either end of the spectrum as you know. It can be corrupted power. It can be a sense of powerlessness, helplessness or even panic. It's also where we can hold resentment or frustration. On the positive end of the spectrum, it's color of hope and the potential for letting go and being flexible and being truly empowered and optimistic. Again, that hope.

So let's get in touch with that color yellow, that bright sunshine yellow. Just let yourself notice what's there relative to the issue of power and hope. Just notice if there's any sense

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of resentment or frustration or helplessness and just feel it and then knowing that the Earth is going to absorb it, send it all the way down to the base of your spine into the Earth where it just spreads and is absorbed in the Earth.

And then allow that Mother Earth energy to flow back up with a sense of hope and flexibility and empowerment and just the ability to let go into life as it is, to accept what is as it is and go with the flow, with optimism and hope, and just allowing that that yellow, that sunshine yellow to emanate throughout your whole being and just spread into the environment around you as it also continues up your spine, up the top of your head.

Yellow-Green

Now, let's tune in a little bit farther up. This is between your solar plexus and your heart, the color yellow-green. It's kind of at the color of like the tip of a pine tree, a fir tree. When the new little needles come out, there's kind of this yellow-green or that sort of chartreuse color. It resides there between your solar plexus and your heart. It's really a color of peace. That's the theme of this color.

It's also a place where we might have jealousy and envy. You've heard the term green with envy; that's where this comes from. It had to do with jealousy, adversarial relationships. It can also be where we hold that sense of abandonment, if we've experienced that, and issues of deep hurt or separation. On the positive end, it's where we can experience compatibility and real acceptance of love in a sense of union with others and that sense of peace in our relationships.

So let's tune in to that place. It's just below your -- you know where your ribs come together, it's right there where your diaphragm is. Just breathe into that and just see if there's any residual of jealousy or envy or fear of abandonment or hurt or separation. Just allow yourself to feel it for a moment. The feeling of it is important because if we don't let ourselves feel it, then it comes at us from unexpected directions. But if it knows that we're willing to feel it, when it comes up, then it's just healthier and we can keep the energy flowing.

So in this very moment, whatever you feel there, just let yourself have it. And then take a deep breath and on the exhale, let it flow down into the Earth and be absorbed there; releasing all the hurt or jealousy or envy and abandonment and separation; and then breathing up from the Earth that sense of connection and acceptance of love and peace and union with others, union with our heart and soul and body within ourselves and union with others and union with our sense of the Divine. Let it move all the way up through your body and out the top of your head to where you can feel that connection with the Divine and with yourself and with all that is. Feel that peace, that compatibility.

Green

Moving up to the heart. Green is often associated with this chakra. So moving into your heart center, naturally the color of love, the color of love in all its manifestations. On the negative end of the spectrum, this can be a sense of loss of affection, deprivation of love or loneliness, grief. On the positive end of the spectrum, it's fulfilled love and affection, an

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appropriate affection and inspiration because this includes the lungs. The word inspiration comes from the Latin "spiritus," spirit. It's like when we inhale, we are inhaling spirit.

So let yourself connect in with that beautiful green, that spring green color, in the middle of your chest, in your heart. Just allow yourself to feel any loneliness or loss that may be there, any sense of lack of connection or grief even. Breathe it. Breathe it in. Let the inspiration of the breath expand your heart to be bigger than the loss or the loneliness or the grief. Let those emotions, if they're there, flow all the way down your body and into the Earth where it's absorbed.

And then allow that energy of the Earth to come up through your body and filling your entire being with love, with self-love and love for others and fulfilled affection and awareness of all the love that you've ever received, all the love that you're receiving now, all the love that you receive from other people, all the love that you receive from the Divine, from God or Spirit or universal consciousness or whatever that is for you, that soulful love connection. Let it flow out the top of your head where you truly connect with the Divine and all that is. Breathe in that love. As you breathe in, let that love expand throughout your whole body so that you are being love.

Blue-Green

Now, I'd like you to focus on the area above your heart, just below your collarbones. Imagine a beautiful aquamarine color, a blue-green. This is the color of wholeness. This is a great color for integrating mind, body and spirit. The downside of this realm is extreme intellectualization, which we often get into in this culture, or detachment or even unawareness of our self, inability to really be in touch with our bodies, our somatic awareness, our pleasure. Then on the positive side of the spectrum, it's full self-awareness. It's awareness of our body, our emotions and our spiritual side. It's a confluence or harmony of all the aspects of ourselves.

As we focus on this beautiful blue-green color emanating from this area above our heart and just below our collarbone, notice if there's any detachment or tendency to intellectualize more than being in touch with the body, any lack of connection with our emotional or physical awareness. As you look at that and you just allow that to be whatever it is, once again just allow that to flow down your body and into the Earth.

Now, allow Mother Earth and that beautiful nurturing energy to come up to your body. As it comes up to bring with it full awareness of your physicality and your feet and your legs and your hips and your torso and your musculature. It goes up into your heart and your lungs and your shoulders and down your arms and up into your head so that you're really aware of being here in your physical body and at the same time in touch with your feelings, your heart and your sense of your essence, your connection with Spirit or the Divine or all that is, whatever that is for you. Just breathe it all in, the sense of the wholeness, the sense of harmony, of awareness of the confluence of mind, body, spirit. Just allow that energy flow to continue up and out the top of your head.

Blue

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Now, let's focus on your throat and your jaw and your mouth. The beautiful blue color, a vibrant blue, a jewel toned blue, just beautiful blue color. This is the color of joy. Yes, it's also the color of expression or inexpression. It can be the energy of distorted communication or introversion or the inability to articulate what you want to say. It can also be a color that relates to dependency. It's not just the color; it's the energy of it. On the positive side, it's healthy expression, healthy contact with others. It's expression and independence along with the ability to be interdependent and just to be truly joyful and expressive.

So as we tune into this energy center that includes really your throat and your jaw and your mouth and your vocal chords, just tune into anything that might be in the way of your joy and your self-expression, anything that could distort your communication or lead you to be inarticulate or a little introverted or dependent. Just allow that awareness. Breathe into that awareness and then exhale it all the way down into the Earth, deep into the Earth.

Allow the energy of the Earth to rise up to you the base of your spine and into your body all the way up into your throat and that beautiful color blue just to allow you to experience and expand that sense of joy and healthy self-expression and healthy contact with others and beautiful communication, beautiful articulation and perfect communication and interdependence. And then just continue that energy on up at the top of your head and into the heavens above.

Indigo

Now, let's focus on the center of our head where the pineal gland lies, often known as the third eye, the sixth chakra. Let's focus on the color indigo, like the late dusk almost dark time of night where the sky turns that indigo blue, that deep, dark, almost purple-ish blue. This is really the color of insight and understanding and peace and clarity and intuition.

On the downside, it can be a sense of confusion and inner conflict. Once out of balance, we often feel overwhelmed. So just notice if any of those feelings are there, any of the senses of confusion or conflict or overwhelm are happening in this moment. And then when you've allowed yourself to notice that and feel anything that's there, breathe it in with the sense of allowing and then exhale all the way down through your body and let it flow down into the Earth. Just clear out anything in the way of clarity and understanding and peace.

And then let that energy flow up from the Earth all the way up through your body into the center of your head, and let that beautiful indigo light just expand and fill your whole head and emanate out from it with a sense of understanding and clarity and insight and peace as it continues to flow through the top of your head and into the heavens.

Violet

Our final color will focus on violet, beautiful violet, the color of faith really, the connection with Spirit and trust and vision. And then, of course, the other side, the flipside is mistrust or worry, an inability to let go. So just notice if any of those qualities are there, the mistrust or the worry or the tension that prevents our letting go.

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Take a deep breath in and then on the exhale allow it to flow all the way down again into the Earth, just releasing anything in the way of total trust and faith, and then breathing it all the way up from the Earth up to our body all the way up to the top of your head, to the crown, the crown chakra, that place where the baby has a soft spot, that connection with the energies of the universe, the Divine. Just breathe in that sense of faith and trust and just letting go into life and Spirit. Just connect with that.

As a final little piece of this, what I'd like to do that you can do any time as just a personal reset or as an entry point into meditation, and that's really to bring all of this together in a very simple three-breath process. I'll just describe it; then we'll do it.

The first breath is to inhale as you bring all that love and light from the Divine above down to the top of your head. Let it circulate around your heart and then exhale down through your body into the Earth below.

On the second inhale, we breathe it in from the Earth. Let it come up and circulate around the heart because the heart is really the center of all of this is. And then exhale out to the top of your head into the heavens. And then on the third in-breath, we breathe it in from above and at the same time up from below so that the energies of Spirit and the Earth meet around the heart and circulate around the heart, and then expand in all directions like a giant sunshine that just expands in all directions.

So let's just do that once. We should do it three times but for now we'll just do it once. Let's just on the inhale breathe in all that energy that you've sent above and just bring it down to the top of your head, circulate it around your heart, and exhale down on all the way into the Earth. Now, inhale all those wonderful energies up from the Earth and let it circulate around your heart. Exhale up into the heavens above. On the third breath, breathe in from above and below simultaneously so all these energies, these yummy energies circulate around the heart. On the exhale, let it expand in all directions in a giant sunshine of love and energy.

This is a beautiful way to connect body, mind and spirit. As you continue to do processes like these, it starts to open up that energy flow so that when you are really connected with life including in the process of making love with yourself or with a partner, that these energies that are so natural and actually emanate from the base of our spine and up through our bodies and out the top of our head just start to naturally flow and ultimately allow us to have an experience of that orgasmic wave.

AF: I feel like I'm a vibrating rainbow of circulating energy.

EE: Well, you are. You are all the time anyway, but we just lose track of it. So that's one way to connect.

AF: Thank you.

EE: Oh, you're so welcome. My total pleasure.

AF: That was really both healing and invigorating. I'm very energized.

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EE: Oh, wonderful. I actually use colors online or equipment and so forth. These colors are very powerful. I actually had a woman doing this kind of thing where she hadn't had a menstruation for two years and she suddenly started her periods again.

AF: Wow! That's really amazing.

EE: Just releasing the energies.

AF: Well, before I let you go, Ellen, will you share with everybody your free gift of "[The 60-Second Passion Igniter](#)." Tell us what it is, what it does, and how to get it.

EE: Okay. What it does, it's a 60-second practice you do you each day with your partner. I've had lots and lots of people use this and their results are truly amazing. What it does is it sparks the passion with your partner, it jumpstarts a woman's libido, it can help a man actually have firmer erections and last longer in bed, and it intensifies your emotional connection. You don't actually need to do this in bed. You can do this anytime fully clothed.

So this is something that's so easy to incorporate in your daily life with your partner. It takes just 60 seconds. I'll tell you all about it and how to use it in a very simple way. All you need to do is go to www.60SecondsToPassion.com

AF: Well, thank you for that. I can't wait to check that out as well. That was wonderful. Thank you for this amazing time together, really, really all the seven tips and the beautiful guided imagery and your free gift. Ellen, you're amazing. You're awesome. I'm very grateful to have spent this time with you.

EE: Well, Arielle, it's a mutual admiration society because I so appreciate the opportunity to do this with you and for all of your great works and the great books you've put out and the service you've offered to so many people. So thank you so much for allowing me to be just a tiny part of that.

AF: You're welcome. All right, everybody, I hope this really got you motivated to reignite your sex life. Thanks so much for joining us. See you next time.

EE: Yes. Thank you, everyone.



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