



A TASTING MENU OF
QUANTUM SEX
EXERCISES TO TRY

BY DR. LAURA BERMAN

It's time to get out of our heads, into our bodies, and start practicing! These bonus exercises don't require any special tools and you don't have to rush to the store or break the bank on Amazon to be able to accomplish most of these rituals. Quantum Sex, including sex magic and manifestation, is not an act of consumerism, but an act of creation, and these exercises reflect that. They are all about you and the power you have to create mind-blowing sex. You already have that power: Quantum Sex is your birthright. I don't need to give you this power. You don't need to buy anything to enhance this power. It belongs to you and you alone, and you can use it (or not use it, as is sadly often the case) however you wish.

I would advise you to try these exercises out solo at first. This way you can familiarize yourself with the techniques without the distraction of your partner's presence. Get comfortable with it and do any troubleshooting so that if and when you try it with a partner you are good to go. Get used to being a powerful, creative sexual force in your own right. Start creating some muscle memory when it comes to things like grounding, coherence, and moving energy through and around your body because it will be easier for you to replicate these experiences with your partner when you feel confident and practiced.

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CHAPTER



ONE

CONNECTING TO YOUR BODY'S ENERGY

Your body is pure atomic energy. To practice Quantum Sex, you must learn to sense the subtle (and often not so subtle) energies of and moving within your body and work with them. The exercises in this section will further teach you how to begin to connect with and harness those energies. They will also assist you in becoming more embodied, which is fundamental to experiencing maximum pleasure. When you are in your body, you are in your full power. These exercises will help you come home to your body and fully inhabit your physical form.

GROUNDING YOUR ENERGETIC BODY

01

Get into a comfortable, seated position, close your eyes, and take some deep breaths. As you breathe in, imagine a beautiful light, whatever color you want, coming in through the top of your head.

02

As you exhale, imagine the light moving straight down the center of your body and coming out through your tailbone, going straight down deep into the earth, and branching out like the root system of a tree. With each in-breath, the light comes in, and with each out-breath, this charged sparkling force roots deep into the ground. Let the roots expand, spreading out in all directions.

03

Just as the roots of a tree in nature are double the width of its widest branches, your grounding roots shooting into the earth should be imagined as two times as wide and deep as you are extending yourself at that moment.

04

Envision your body being anchored to the earth by the strength and reach of your roots. This is how it feels to be grounded.

For example, when I'm about to go on television to be seen by millions of people, I imagine my roots spreading out in all directions across the United States. If I'm staying at home frequently with my family and need to ground, I imagine my roots fanning out to double the size of our home.

Once you have grounded yourself, I suggest moving directly into opening your heart, which was discussed in Module 3 of the course. By performing the Coherence Meditation, you are moving into what I call your home frequency. You are opening yourself to giving and receiving love and activating your heart chakra.

It is this final step that will move you into coherence, which is a state of pure, unconditional love. You can feel the energy of this state in your body. And when you move into this state leading into or during a sexual encounter, the emotional intimacy and connection exponentially increase. Not to mention your presence in your body is deeply supported.

TAOIST INNER SMILE MEDITATION

The following Taoist meditation is another delightful method to elevate the body's physical vibration while also serving as a remarkable means to alleviate anxiety and stress, guiding us into a more playful and sexy mood. In the Taoist Inner Smile meditation, we “smile” and send positive energy into different parts of the body. It is a simple meditation that feels wonderful in mind and body!

01

Begin by grounding yourself. Put your feet on the ground, close your eyes, and feel your connection to the earth. Take some deep breaths, ground yourself, and open your heart.

02

Create a source of smiling energy in your mind. This can be an image of your smiling face, or someone or something you love and respect, or any memory of a time in which you felt deeply at peace, perhaps feeling sunshine, being by the ocean, or walking in a forest. Get a sense of that energy, a feeling of it. I often just imagine the shape of a smile in my mind.

03

Once you have that sense of a smile, imagine the energy of that joyful smiling face, there, three feet in front of you.

04

Become aware of the midpoint between your eyebrows through which you will draw this abundant smiling energy in front of and around you. Let your forehead relax; as the smiling energy accumulates at the mid-eyebrow, it will eventually overflow into your body.

05

Smile into your eyes. Feel the joyful energy shine into them. Now, send the energy down to your neck, moving down to the collarbone. Your entire throat and shoulders are bathed in smiling light.

06

Smile into your chest, your heart, ribs, intestines, all your organs, your uterus (if you have one), your pelvis, your legs, arms, and all over your body. Smile into them in the same way that you just smiled into your eyes until every organ and every cell of your body that you can think of is bathing in the light of a loving smile.

CHAPTER



TWO

MAKING SEX SACRED

Sex can be an incredibly sacred and meaningful act! We become wholly present in our bodies and our physical sensations, allowing us to be completely here, completely whole, and completely vulnerable. This doesn't mean that it can't also be kinky, erotic, or taboo: Just because sex is sacred doesn't mean it can't be 'naughty.' But it does mean that we invite our whole, beautiful souls into the experience...because that's when orgasms go from humdrum to cosmic occasions. By getting your soul involved, Quantum Sex becomes more than just a good time; it becomes something that changes you and means a lot to you. The following exercises will help you infuse sacred energy into your Quantum Sex experience.



IDENTIFYING CORE DESIRED QUANTUM SEX GOALS

The most important step to manifesting quantum sex is to get clear on how you want to feel. How would you feel during your ideal sexual encounter? Would you feel desired, powerful, adored, playful, or something else? Try to be at home in your body and find what feeling words best describe the way you would feel during experiences that are the most appealing to you. Don't just base it on pornography you have seen or what other people have told you about sex. Find out for yourself what great sex means to you. Remember, the answer to that will be different for everyone, and that's okay!

Core desired feelings might include adjectives like Playful. Sexy. Adored. Protective. Strong. Important. Desired. Excited.

Spend some time thinking about your "feeling goals". Jot them down or write them on Post-it notes that you can stick to your bathroom mirror or somewhere you can keep those feelings in mind. The goal of this exercise is to put yourself into the feeling state of what you most desire fully and feel it in your physical body.

Remember, physics teaches us that energy follows intention. And your energy will be what creates your quantum reality and attracts things into your world. Like attracts like. So, if your core desired feeling is 'playful' you need to BE in that energetic state of that feeling. It's not enough to just think about what you want: You have to live in that energy to manifest those core desired goals into reality.

Now you are going to move your body into the energetic frequency of the feelings you most want to experience in Quantum Sex. Like the open-hearted exercise, the goal is to use your imagination:

01

Choose a feeling to work with. I find it best to work with one feeling at a time. You can do this at any time, even better if right before a sexual encounter as it will move you into the energy of that feeling, and your experience (and your partner) will be much more likely to match it!

02

After grounding, close your eyes and breathe deeply. Now comes the imagination part. Think of a scenario from the past or a fantasy for the future where you would feel your core desired feeling. For instance, if the feeling you chose was cherished, maybe you can imagine yourself being gently held while your partner gazes lovingly and deeply into your eyes and reverently kisses every part of your body. Let your imagination run wild and don't overthink it! Just go with your instincts and choose a scenario.

03

Now be in that scenario as if it were happening right here, right now in the first person. You are there, in the scene, employing all your senses. Following the example above of feeling cherished, you can see the top of your partner's head as they are kissing down your body. You can feel their arms around you, smell them, taste them, hear them whisper in your ear, etc.

04

Be in the emotions of that state as if it is happening at this moment. Feel what that Quantum Sex core desired feeling feels like in your body and your heart. Anchor it there. Now you are in the frequency of that which you most desire.



SACRED SEX INTENTION BLESSING

Sacred sex begins by setting a conscious intention. Usually, there is something that leads us to a sexual encounter (desire/arousal, a need for connection or attention, a way to burn off stress, a need to release pent-up physical energy or to ensure that we are attractive and desirable to our partners). But we are rarely conscious of our true “why,” much less do we consciously set an intention for our experience. When you set a sacred sex intention blessing, you are setting the stage to hold that high-frequency intention, to bathe the sexual experience in the energy of that intention, and to send that desire out into the quantum field.

Remember that sexual energy is some of the highest-frequency energy your body can hold. The higher your body’s energetic frequency, the more beautiful sensations, experiences, and people you magnetize into your life. Sexual energy is powerful. If you set a sacred sex intention before your sexual experience, you are also supercharging that intention into the quantum field for yourself, and everyone else in your orbit. This is an important part of learning how to practice sex magic, but more on that later.

I find it powerful to shape your intention into a kind of brief blessing you say out loud (or even in your mind) before starting a sexual encounter.

Here are some examples:

If you are an empath (meaning you tend to easily absorb the energy of others) or if you are having sex with someone you don’t know very well (or at all), the intention blessing can be used as a protective mechanism to safeguard against the energetic hangover of sex. Simply say out loud:

“LET ME TAKE ANY NEGATIVE ENERGY THAT COMES FROM MY PARTNER AND TRANSMUTE IT TO POSITIVE ENERGY. LET MY BODY BE A SOURCE OF PLEASURE, LOVE, AND FULFILLMENT FOR MYSELF AND MY PARTNER.”

If you intend to feel safe and adored in this sexual experience, your intention blessing might be:

MAY THIS SEXUAL EXPERIENCE CREATE POWERFUL FEELINGS OF SAFETY AND BEING HELD, SEEN, AND FELT FULLY BY MY PARTNER WITH LOVE AND GRACE.

Perhaps you are longing for a sexual experience that is more adventurous or uninhibited, your intention blessing might be:

BLESS THIS BEDROOM WITH PLAYFULNESS AND FEARLESSNESS, SO THIS SEXUAL EXPERIENCE FEELS EXCITING AND MAGICAL.

If you are longing to feel more powerful, your intention blessing might be:

FILL THIS SPACE AND THIS RELATIONSHIP WITH PURE POTENTIAL AND UNLIMITED FREEDOM.

Your intention blessing isn't a one-and-done statement. It's something to keep in mind and keep centered in your relationship and your bedroom. You might sketch it out on a piece of paper or write it on a Post-it note and stick it to your mirror. You might keep it in your Notes app on your phone. You might meditate with this intention, revisiting it before date night or before intimacy with your partner.

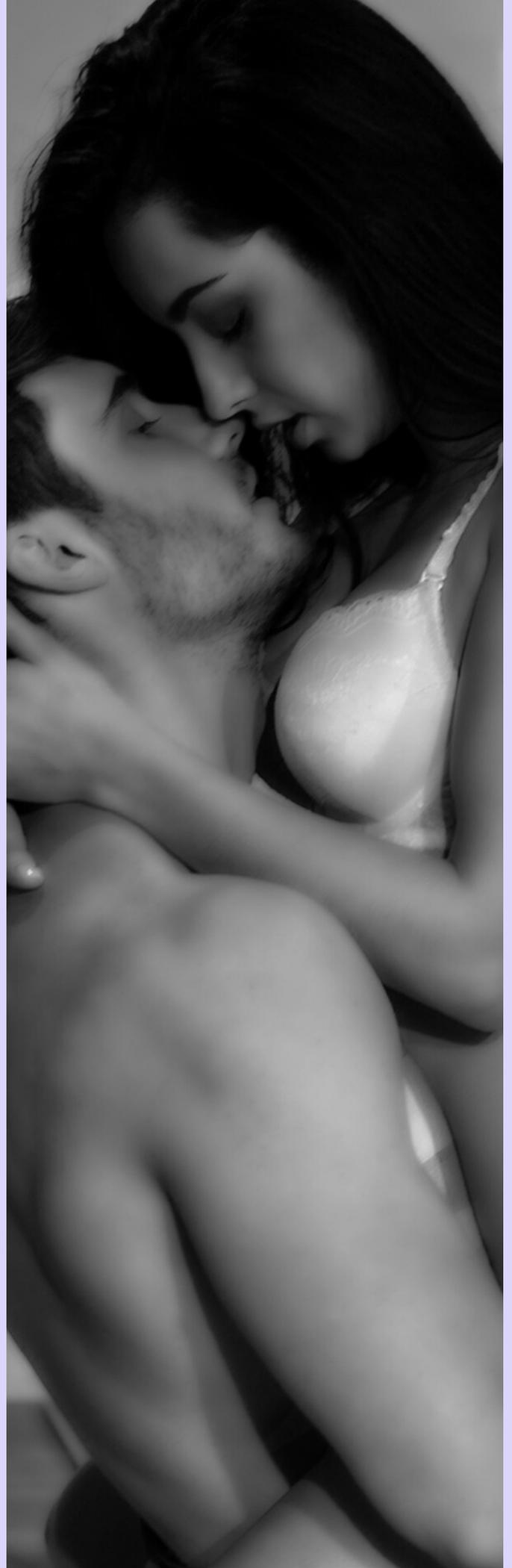
Your intention blessing is powerful, but only insofar as you are working with that blessing and staying connected to it.

SOUL GAZING

Soul gazing helps to create intimacy and connection. It can help you create powerful pathways between you and your partner to bond on levels you have never explored and didn't even know existed. It sets the stage for a connected and sacred sexual experience.

While you are doing this exercise there should be no talking. You can do soul gazing on its own, or use it as a way to get completely present and connected on every level before you are sexual together—as part of or even preceding foreplay. You can soul gaze with your partner fully clothed, but it's even better when fully undressed. It's a powerful exercise to try during sex as well. (P.S. If you don't have a partner, guess who you can soul gaze with? That's right, yourself in a mirror!)

Soul gazing should last at least two minutes, which I promise will feel like a very long time at first. Often people feel uncomfortable when they try it the first time because it's so intimate, but don't be discouraged. It may feel awkward in the beginning, maybe a little silly. You may want to giggle a little and let yourself if you need to, but know that it is just from nervousness around how unaccustomed you are to this level of deep intimacy. It's normal and it will pass.



01

Sit comfortably facing one another, cross-legged on the bed or some other comfortable surface, maybe supporting yourself with some pillows. You can also try a position known as *Yab Yum*. Here the larger partner is sitting up straight with their back supported and arms embracing the other partner face to face. The other partner is sitting in the first partner's lap, supported by the embrace, wrapping their legs around their partner's waist.

02

Take a few moments to ground yourselves and open your hearts. If your partner doesn't know how to do this you can explain it. If they enjoy this, grounding and opening your hearts together as a daily practice (at any time) can bring a new level of connection to your daily life together and help you resolve an argument quickly and effectively.

03

Both of you place your right hand over your partner's heart. Put your awareness on your partner's heartbeat. Can you feel it? Imagine your heartbeats synchronizing and entraining with one another. Take some deep breaths together.

04

As you keep your hand over your partner's heart stare deeply into his or her left eye (directly above the heart). Imagine you can send all your love into your partner's eyes and visualize it traveling like energetic light through your partner's whole body.

05

Now start to synchronize your breath, taking slow deep breaths in and out while continuing to gaze into your partner's left eye.

☆

If you'd like to, you can add another level to soul gazing by incorporating circular breath. In this case, you should be in the *Yab Yum* position with your faces close together. The idea is to create a circular, continuous flow of breath with no break or pause between inhale and exhale.

Breathe gently through your mouth, keeping your face, mouth, and jaws relaxed. Let the back of your throat relax and without pushing out the breath, let it simply fall out of you.

Breathe in and out in a continuous circle. Do this on your own and then—the key of this exercise—do it with your partner. In the *Yab Yum* position, stare into your partner's eyes and breathe the circular breath into each other's mouths.



SOUL GAZING DURING THE ACT OF SEX NOT ONLY MAKES THE EXPERIENCE PHENOMENALLY RICHER AND DEEPER, BUT IT SLOWS THINGS DOWN IN A GOOD WAY.

Once you have mastered soul gazing during foreplay, I encourage you to try it during intercourse if you are engaged in a face-to-face position. You just continue penetration in this position but stay perfectly still during soul gazing. You will be amazed at how intense and arousing it can be.

CHAPTER



THREE

BUILDING SEXUAL ENERGY WITHIN YOU

You have the power to raise your sexual energy. Raising your sexual energy isn't just about having more orgasms (though that is part of it). Instead, it's about tapping into your sexual power. And the more you raise your sexual energy, the more sexual energy the Universe will send your way! The more sexual energy you build, the more creative you become, in the bedroom and outside it. It's a beautiful cycle, and once you start building that energetic momentum, you will only keep going up, up, up!

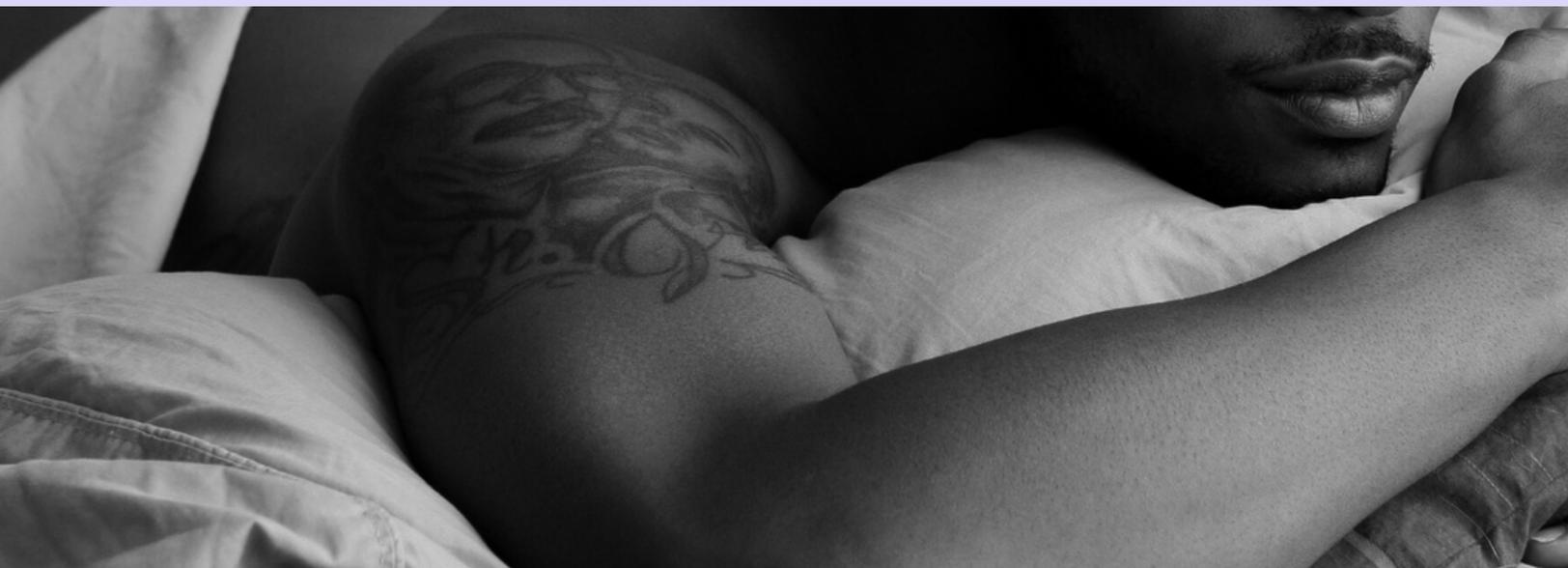
THE ART OF EDGING

Edging is the practice of delaying orgasm. Instead of releasing sexual energy right away, you keep building and building its intensity. This allows not only for more powerful orgasms when you finally do reach a release, but also allows you to be more intentional and present about your sexual response. It's also important to note that edging is a fantastic way to gain more ejaculatory control for men who want to last longer! Remember if you have a female sexual partner, women take on average about 20 minutes to reach orgasm while men only take seven and a half minutes! Edging is a wonderful way to close that orgasm gap.

First, try edging during masturbation instead of sex with your partner. This is a good way to quiet your mind and be able to pay very close attention to your sexual response without distractions. Once you get a grasp on the practice of edging, you can then start enjoying it with your partner.

Now, ground yourself. Do an internal body scan and seek out any areas of tension or discomfort. Keep your body scan going as you start to pleasure yourself. Using a scale of 1-10, pay attention to where you can feel very excited and aroused, without losing control and sailing straight into orgasm. For instance, if 1 is a state of non-arousal and 10 is orgasm, try to be aware once you are getting close to orgasm.

Now start self-stimulation. As soon as it starts to feel good, like a 3 out of 10, take a brief pause. Practice slowing down, building your arousal, and gaining control. **Go to the next page for some ways to practice.**



01

Take deep slow breaths.

02

Slow down a bit or even stop.

03

See what happens when you touch different parts of your body. Can you stay at a 6 or below if you just rub your nipples or stroke other hotspots?

04

Squeeze your Kegel muscles.

05

When you get to about an 8 or 9, squeeze the base of your penis with one hand.

06

When you get to an 8 or 9, push into your perineum (area between scrotum and anus) with your pointer, middle, and ring fingers.

07

Instead of pressing into your perineum with your fingers, you can also utilize the Half Lotus yoga pose, where while sitting upright, the heel of one foot is under your buttocks pushing into your perineum.

08

Continue to play with increasing and decreasing arousal. See if you can move between a 5-7, touching an 8 and maybe even a 9, and then moving back to a 5.

09

When you finally surrender and allow yourself to go all the way to a 10, get ready for an extremely powerful and intense release!



PHASE II OF EDGING FOR MEN WHO WANT MULTIPLE ORGASMS: SEMEN RETENTION

Did you know men could have multiple orgasms like women? The only thing holding you back is ejaculation. Semen retention, as it's called in the Tantric tradition, involves edging to orgasm without ejaculation. So, there's no arriving at a 10 (ejaculation) at all, or at least until your next sexual encounter. This is how singer Sting achieves his reported 24-hour orgasms! Not to mention, in the Tantric tradition, semen retention allows men to retain life force that energizes them in ways ejaculation can limit. Try it and see how you feel!

CHAPTER



FOUR

BUILDING SEXUAL ENERGY BETWEEN YOU

Now you've set the stage for creating sacred sexual experiences and have started to understand how to move energy around your body and control arousal. Now it's time to learn to move the energy between you. Moving sexual energy between you creates powerful intensity and even healing. It's a passionate exchange of high-vibration energy that has limitless potential.



CIRCLING THE SEXUAL ENERGY BETWEEN YOU

In Tantra, it is believed that during a sexual encounter between a male and a female (or between two people in their masculine and feminine states),

SEXUAL ENERGY IS RECEIVED THROUGH THE HEART OF THE FEMININE AND SHARED WITH THE MASCULINE THROUGH THE GENITALS.

The masculine's energy is received through the genitals and shared with the feminine through the heart. It becomes an endless energetic loop that continues to build, creating more intense arousal and orgasms. It doesn't matter what your sexual orientation or gender identity is. In every successful sexual relationship between two people, one of you is more in your masculine (or yang) and one of you is more in your feminine (or yin).

There are some ways you can work with this dynamic. **Go to the next page for instructions!**

FOR THE FEMININE WHO IS HAVING SEX WITH THE MASCULINE:

During sex, imagine a beautiful loving sexual energy and light flowing into your heart from your partner's heart. For several breaths imagine the light flowing down through your chakras to your sacral and root chakras and into your pelvic bowl. It flows in with your breath and builds intensity. Then as you breathe out, imagine the light flowing straight out of your genitals and into your partner's genitals. Imagine a loop of energy between you, coming in through your partner's heart and coming flowing out through your genitals into theirs.

FOR THE MASCULINE WHO IS HAVING SEX WITH THE FEMININE:

Imagine receiving flowing energy or light from your partner's genitals into yours. For several breaths imagine the light flowing through your root and sacral chakras and shooting up, all the way up to your heart chakra. Let it pool and build there. On an out-breath, send the beautiful light energy out of your heart and into your partner's heart. Imagine a loop of energy between you, coming in through your partner's genitals and flowing up and out through your heart into your partner's heart.

FOR THOSE WHO DON'T IDENTIFY AS MORE IN THEIR MASCULINE OR FEMININE:

You can experiment with what feels best. Some couples I have worked with enjoy circling the energy back and forth between their genitals or between their hearts—the latter creating much more emotional as well as physical intensity. You can also take turns being the heart starter or genital starter unless one of you enjoys one direction more than the other.

Note that if you do not identify as male or female or identify as transgender, just focus on whether you (and your partner) are more in your feminine (yin) or masculine (yang) energy during the sexual encounter and practice accordingly. For instance, let's suppose that anatomically you have a penis, but you identify as female (or enjoy being in your feminine during sex), and you are having sex with someone who identifies as male (or is in their masculine during sex), you would follow the instructions for the feminine having sex with the masculine and practice accordingly.

PLAYING WITH THE ENERGY BETWEEN YOU



One of the best parts of energetic sexual connection is that you can play with your partner's energy without them even being 'on board' with the idea of Quantum Sex quite yet. Yet they can still reap the benefits of Quantum Sex and be uplifted by your sexual energy. It can be exciting to watch and see how much you can impact your partner's orgasms and sexual energy with nothing more than your energy. It can even be fun to play with exercises like the one listed below without first informing your partner what you're doing. No conversation or prior discussion is needed. Just see what happens if you're intentional and focused on up-leveling your partner's sexual experience through nothing more than energy play.

In this exercise, the goal is to continue to share energy and consciously move the energy between you. Remember, most of us unconsciously share energy in and out of the bedroom without thinking about it. Energy is always there and it's always impacting every part of our relationships: When we have Quantum Sex, we are finally just inviting our whole selves into this energetic exchange rather than being unconscious of what is going on.

Most of the time when we share energy, we share from ourselves, not through ourselves. This is a key difference because when we share from ourselves, we will often feel depleted and even bitter or resentful. But when we give through ourselves, the benefits of the energy are received by both our partner and ourselves and there is no depletion. Rather than pulling it from our bodies, when we pull energy through our bodies the energy is limitless. Not to mention, we are receiving tremendous amounts of energy as it moves through us and we share it with our partners.

Here are a few ideas to help you start playing with your partner's energy and vice versa:

01

To transmit an intense vulnerable heart-centered connection to your partner during sex: As you take a deep breath in, imagine beautiful light flowing in through your crown chakra at the top of your head (as you did in the grounding exercise). But this time, instead of sending the light out your tailbone into the earth, let the energy come in through the crown to the heart chakra in the center of your chest. From there feel the energy circle around changing directions. As you breathe out, it flows out of your heart into your partner's heart. Imagine the light flowing from your heart into theirs and lighting it up. Then envision the light circling in their heart center as it gains intensity and comes back into your heart. Remember, where intention goes, energy flows.

02

You can also send the energy from your heart into their heart. From there, send it down to their genitals where it can either come directly back into your genitals from theirs, or you can envision it coming back into their heart and then into yours.

03

You can even keep the energy circling and building within your partner and not bring it back for a time or at all, envisioning a constant flow from your crown to your heart, to their heart, and then circling constantly between their heart and sacral chakras (below their belly button where the reproductive organs are). This is a beautiful circling of energy when you want to link up the physical sensations.

Congratulations! You've embarked on a journey into the realm of Quantum Sex, a journey that transcends the physical and delves into the extraordinary power within you. As you've discovered, these exercises aren't about acquiring gadgets or products; they're about awakening the innate creative force within, a force that has been yours from the moment you entered this world. You don't need external validation or tools to enhance what's already yours; you simply need to tap into the reservoir of potential that resides within your own being.

Hopefully, this provides you with a foundation for understanding and mastering the techniques involved. It's about becoming intimately familiar with the dynamics of your own body and energy, creating a personal wellspring of confidence and prowess. As you practiced grounding, coherence, and the art of moving energy, you've been laying the groundwork for extraordinary experiences to come, both individually and with a partner.

Remember, Quantum Sex is not just a series of exercises; it's a celebration of your birthright, a testament to the creative force that courses through your veins. The power is yours, and as you wield it, you become a conductor of sensual energy, capable of weaving a tapestry of pleasure and connection. Whether you choose to embark on this journey alone or with a partner, the key lies in embracing your inherent ability to manifest mind-blowing sexual experiences.

You are a powerful, creative sexual force. The rituals and exercises you've explored are not just techniques but invitations to unlock the boundless potential within you. The path to Quantum Sex is a personal one, and you now possess the tools to shape it according to your desires. So, go forth with confidence, explore the depths of your own sensuality, and revel in the magic that is uniquely yours. The canvas is blank, and you are the artist of your own sexual masterpiece.

Enjoy the journey!

xo,
Dr. Laura Berman