**Meditation effects on sex**

Consistent meditation can help boost overall mood and energy, which gives us the best chance to get in the mood for sex. In addition, practices from meditation can help us stay present during sex, which leads to greater pleasure.

Sexual meditation

Sexual meditation can be performed solo or with a partner and with a guide or without one. It centers around the practice of mindfulness. With this technique you focus on the present moment, experiencing thoughts, feelings, and sensations without judging or labeling them.

In sexual meditation, you focus on sensuality and the current state of your body. Your goal is to let go of distractions and concentrate on touch and sensation. If you’re practicing sexual meditation with a partner, there’s an added goal: to heighten the link between you and become more aware of both your own body and your partner’s.

Sexual meditation can end in intercourse or masturbation to orgasm, but this doesn’t have to happen.

There’s some natural overlap between mindfulness and sex. Both encourage focusing on the present moment and releasing thoughts of outside responsibilities. Both can relieve stress, and both involve deep breathing.

Perhaps because of this connection, a study on mindfulness training demonstrated its potential as an aid to women with sexual problems. The training was aimed at helping them relax, avoid negative self-judgment, be present in the moment, and notice bodily sensation and change.

Another study on the relationship between mindfulness and sexuality included both men and women. It found that mindfulness had a positive link with sexual motivation and sexual awareness.”

What’s the Difference Between Sexual Meditation, Tantric Meditation, and Orgasmic Meditation?

Sexual meditation is a broad term that includes orgasmic meditation and overlaps with tantric meditation.

Sexual meditation versus tantric meditation

Tantra is a philosophy and set of practices that emerged in India around the sixth century. It includes the assertion that everything is sacred, including sex, and centers on awakening consciousness and liberating energy. Not all sexual meditation is tantric, and not all tantric meditation is sexual.

Sexual meditation versus orgasmic meditation

Orgasmic meditation (sometimes called OM) is a recent cultural trend that began in San Francisco in the early 21st century but has since developed several outposts. It involves a 15-minute clitoral massage.

How to Explore Sexual Meditation

Sexual meditation can be practiced without training or a guide. Like many mindfulness practices, sexual meditation requires only that you take a break from the bustle of daily life and focus on your body, bringing awareness to each part in turn.

If you want more direction, many studios and therapists offer suggested meditations, including sexual meditations, online. In general, a short summary will focus you on specific sensations or questions, giving you a suggested timeline.

But many people find it hard to meditate on their own, and sexual meditation is no different. It’s easy to get distracted or frustrated. There are many guided meditations available, both for free and for purchase. You can also find material specific to couples or to solo exploration. In addition, there are podcasts and apps that cover sexual meditation.

Testosterone

Research indicates that the practice of meditation can influence testosterone levels in the body. Here's a summary of the key findings:

Studies have shown that regular meditation can lead to a decrease in testosterone levels, particularly in men. The mechanisms behind this effect are not fully understood, but several factors are believed to play a role:

1. Stress reduction: Meditation has been found to lower stress hormones like cortisol. Elevated cortisol can inhibit the production of testosterone, so reducing stress through meditation may indirectly lower testosterone levels.
2. Parasympathetic activation: Meditation stimulates the parasympathetic nervous system, which controls the body's rest and digest functions. This shift away from the sympathetic "fight-or-flight" state may dampen testosterone production.
3. Neuroendocrine changes: Meditation appears to influence the hypothalamic-pituitary-gonadal axis, the hormonal system that regulates testosterone synthesis. The precise neurochemical pathways involved are still being investigated.

The magnitude and duration of meditation's effects on testosterone can vary. Some research has found that long-term meditators exhibit lower baseline testosterone levels compared to non-meditators. The effect seems most pronounced in younger men, while older men may experience less dramatic changes.

It's important to note that reduced testosterone levels are not necessarily a negative outcome. In some cases, lower testosterone may be associated with benefits like reduced aggression, improved mood, and better sleep - all of which can contribute to overall health and wellbeing.

However, excessively low testosterone can also have adverse effects, so the potential impacts of meditation on this hormone should be considered within the broader context of an individual's health and lifestyle. As with any wellness practice, it's advisable to consult with a healthcare professional to understand the personalized implications.