

## Unfurling the Rose.

Couples Meditation to bring forward the inner God/Goddess.

This is a beautiful meditation that involves chanting mantras and working with the body. It is similar to Biju mantras which have a powerful healing effect on cells deep in the mind and psychic body. Unfurling the Rose is a meditation designed to bring forward the most sacred part of yourself and your partner before you make love with them. In effect, calling the God or Goddess that resides inside. Asking it to be present when you touch and heal, when you love and offer delicious service to another, your Beloved when in sexual union.

You might like to take a short meditation, or offer a personal prayer. Look into each others eyes and say “namaste” (Hello and I love God in You...)

You might like to carry out service asana which requires you to kneel on the floor facing your partner with your big toes touching, chest on the knees and forehead on the floor. The arms can be out in front of the body on the floor. This yoga pose can be held for up to 28 breaths. When you have focussed yourself and prepared to be in honour and service to your beloved, you are ready to begin your chanting to unfurl the rose.

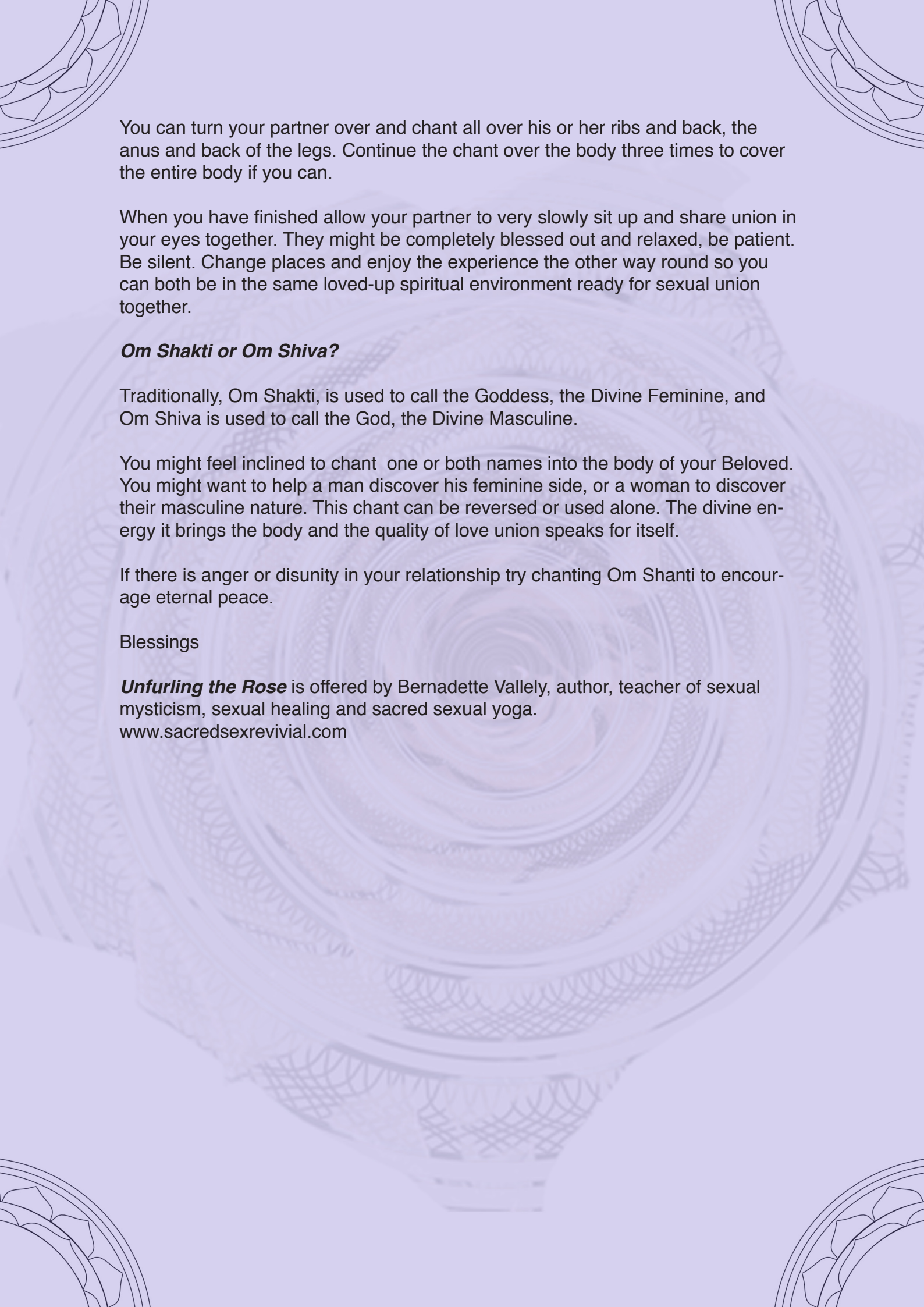
One person lies down on their back. The other prepares to offer unconditional service. You will swop over at the end.

The person lying down might like to imagine flowers like roses, budding and unfurling in your body as you are being healed and as the mantras penetrate your etheric body.

**Om Shakti** (Om and salutations to the very Divine Feminine)

**Om Shiva** (Om and salutations to the very Divine Masculine)

Start at the left foot of your partner. Breath into the base of the foot, chanting straight into the foot. Make your voice lyrical, specific, slow, gentle. Create a song with your chanting. Then breath from the foot to the toes. Open the toes, allow spiritual energy to rise from the spaces in between the toes as you chant. Allow spiritual energy to rise from each place that you chant into. Chant into the ankle bones. Move up the leg. Chant into any space on the body that has the possibility for energy to escape. Chant into the joints and any gaps where the body moves, move up the body through the trunk, the arms and neck. Chant all over the face. Chant gently in the ears, eyes and nostrils. Chant into the mouth. Chant down the central body. Chant into the nipples, the heart, the stomach, the sex organs. Chant into the arms, along the hands and into the spaces between each finger. Lift the arm upwards and link fingers together to connect the arms above the head. Continue chanting right down the right side of the body finishing one round at the sole of the right foot of your partner.



You can turn your partner over and chant all over his or her ribs and back, the anus and back of the legs. Continue the chant over the body three times to cover the entire body if you can.

When you have finished allow your partner to very slowly sit up and share union in your eyes together. They might be completely blessed out and relaxed, be patient. Be silent. Change places and enjoy the experience the other way round so you can both be in the same loved-up spiritual environment ready for sexual union together.

### ***Om Shakti or Om Shiva?***

Traditionally, Om Shakti, is used to call the Goddess, the Divine Feminine, and Om Shiva is used to call the God, the Divine Masculine.

You might feel inclined to chant one or both names into the body of your Beloved. You might want to help a man discover his feminine side, or a woman to discover their masculine nature. This chant can be reversed or used alone. The divine energy it brings the body and the quality of love union speaks for itself.

If there is anger or disunity in your relationship try chanting Om Shanti to encourage eternal peace.

Blessings

***Unfurling the Rose*** is offered by Bernadette Vallely, author, teacher of sexual mysticism, sexual healing and sacred sexual yoga.  
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