

Sensual Love Secrets
FOR COUPLES

THE FOUR FREEDOMS OF
BODY, MIND, HEART & SOUL

AL LINK & PALA COPELAND

Sensual Love Secrets For Couples: The Four Freedoms of Body, Mind, Heart & Soul

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Introduction

Right this moment, just as you are, you have four unimaginably powerful resources at your command. With them you can accomplish miracles. They are your Four Freedoms of Body, Mind, Heart, and Soul. Although you are innately aware of these elemental forces—their strength, dynamism, and wonder—the wise inner voice of your higher self becomes overwhelmed in a world of speed, superficiality, and complexity. Reclaiming your 4 Freedoms helps you to hear truth again, to remember who you are and why you are in a body, and to gain emotional stability and courage as well as mental clarity and focused attention. The 4 Freedoms framework gives you a secure platform when your world begins to tremble and quake.

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The Four Freedoms

The desire to love someone through and through and to be loved that way in return, for a lifetime, burns in almost every heart. Although we are all truly worthy of such love, it is not something that will usually happen by itself. A superb relationship, one that satisfies and stimulates to the core, is an extraordinary accomplishment, comparable to supreme achievement in realms of business, the arts, science, and sports. Such relationships are rare not because people lack the capacity for loving but because they don't know how to make the shift from falling in love to sustaining that love over many years by creating and recreating it again and again.

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Chapter One

The First Freedom: *Body*

Your body is a remarkable gift from the Creator, a vehicle through which the spiritual can experience the material; that is what a body is for. As spirit in physical form, you can celebrate and explore the sensory joys of this gift. Come to your senses—all of them. Absorb right here, right now what you see, hear, smell, taste, and touch. Direct sensory stimulation is nourishment for your body, sensual nutrition, another kind of food without which it cannot thrive and be free. The freedom of the senses is the freedom to experience pleasure and feel desire, to know you are truly alive.

Body Freedom enables you to behold and be warmed by the brightest light of all, the consuming light of love shining from your sweetheart's eyes. It allows you to revel in the husky whispers and throaty moans that are music to a lover's ears. To freely devour succulent kisses from pouty lips tasting of fruit and honey. To sniff hungrily and absorb the distinctive scent that is uniquely your beloved's. To touch and touch and touch with fingers, palms, lips, and tongues, then to lie at ease in each other's arms, safe, secure, sympathetic, blessed....

Sadly, you might not perceive your body as a biological marvel, a sensory gateway, the temple of your soul. Like many, you might have forgotten your Body Freedom, been indoctrinated to view your body as ugly and sinful, a prison that will never be beautiful enough or strong enough, will never measure up no matter what you do, that constantly

betrays you with its shameful desires and ultimately keeps you separate and lonely.

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Chapter Two

The Second Freedom: *Mind*

When your mind is in its natural state, pure and clear, it serves you extremely well, but when it becomes tangled in the delusions of daily life it can switch from helpful servant to disruptive master. Random thoughts of past and future prevent you from enjoying the present. Memory tapes of failure and unworthiness can keep you in a loop of unfulfilled potential. Deeply ingrained prejudices can blind you from seeing for yourself. It's time to reclaim your Mind Freedom.

Mind Freedom

The essence of mind is consciousness. The freedom of mind is attention and intention. The responsibility of mind is choice.

Retraining your mind to become once again your servant rather than your master requires you to develop self-awareness. Whether positive or negative, your mind approaches life in its own particular and unique way. You might be the only person in the whole world who does what you do exactly the way you do it. If you pay careful attention and attempt to be an objective observer, your “witness consciousness” or “observer consciousness” can identify exactly how your mind operates. Being aware of what you do inside your head enables you to name it. Then, “the truth shall set you free” because naming empowers you. When you name what you are doing, you gain emotional distance from it and so can choose to stop or to continue. This is freedom.

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Chapter Three

The Third Freedom: *Heart*

The essence of heart is emotion. Heart Freedom enables you to experience a bountiful variety and complexity of feelings. The supreme emotion is love, which by its very nature implies relationship, the lover and the beloved. In modern Western culture, couple relationship is often symbolized by the Valentine heart. If you both want to make your relationship work, pay attention to its heart, to the emotional, energetic, and spiritual connection between you. For relationship happiness, you must welcome, nourish, and cherish such deep connection.

The responsibility of Heart Freedom is to allow yourself to feel everything, both positive and negative and to act despite your emotional discomfort. A few yogis claim they can voluntarily stop the heart from beating, and who among us has not tried to deliberately stop our hearts from feeling? When the yogi stops his heart from beating, it is a demonstration of physical and spiritual mastery, but when you or I try to stop our hearts from hurting it is only a pathetic kind of emotional suicide. If we try to turn our hearts off in order to be protected from feeling the pain of loss, abandonment, deceit, or betrayal, eventually we feel nothing at all and life becomes flat, dull, and boring. There is little pleasure, joy, or happiness because we can't be fully human and only feel the good things. With the heart, it seems to be "all or nothing at all."

Hearts start out innocent and pure, loving spontaneously and unconditionally, but become wounded through hurts and betrayals. We erect barricades to protect them against

more pain. Your heart, however, longs to break out of its confinement and to return to the openness and freedom of its natural state. There's no freedom in a barricaded heart. Imposing isolation supports powerlessness, reinforces fear, and leads to physical and mental illness.

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Chapter Four

The Fourth Freedom: *Soul*

The essence of Soul Freedom is faith. Science is what you believe because of the evidence. In spiritual matters, faith is what you believe, despite evidence to the contrary. Faith enables you to keep going when all appears hopeless and to say, “That can’t be all the evidence.” With faith you know that however bad the current situation might be, something better is just around the corner. Cynicism is the opposite of faith. The cynic knows that nothing will turn out well, no matter how good things are right now. However fashionable and humorous cynicism might be, ultimately it will drag you down, while faith will lift you higher and higher.

When you are in a relationship centered in Soul Freedom, you have faith that you can create a passionate, harmonious life with your mate even though couples around you might be leading lives of stressed dullness and disconnection. You have faith that together you can weather the storms that life will rain on you and that your relationship can be the rock to keep you safe above the flood.

The Responsibility of Soul Freedom

Faith and cynicism are both choices. Which choice you make determines the quality of your life and the state of your happiness. Choosing faith is itself a leap of faith. This is true alchemy, whereby you literally create something from nothing—there was no faith, then there is. The responsibility of Soul Freedom is to choose faith.

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Chapter Five

Integrating Your Four Freedoms

In Eastern science, philosophy, medicine, and mysticism, body, mind, heart, and soul are treated as inseparable and indivisible (non-dual). In the West, physicists, psychologists, and neurologists now largely agree that mind and body operate as a single system. From this perspective, the brain is just another organ, albeit more intricate than the rest of the body. Thoughts and emotions that subjectively bestow meaning on our reality are the result of complex electrochemical and biochemical interactions within and between cells throughout our body as well as in our brain.

What happens in the body affects our mind and our hearts, and what takes place in the mind affects the body and the emotions in an endless series of feedback loops. If science has come to see that we are not isolated elements but essentially one though inexplicable whole, isn't that inspiration for us to apply this same approach to ourselves and our lives? If everything is ultimately a unique vibration of one fundamental string, isn't it time for you to treat body, mind, heart, and soul as one undivided system?

Developing an Empirical Awareness of the 4 Freedoms

You can do simple experiments to comprehend that all elements of you are interconnected:

For 30 seconds think a very negative thought, for instance, your partner has left you, you have been fired, or your home has burned down. Stop the thought and turn your

attention to your feelings. What emotions have come up in you? Now focus on your body. Do you feel tension or pain anywhere? Notice that just one intense thought has affected your whole system.

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Body Practices

Exercises To Do Together

Baby Body

Safety, security, acceptance, and belonging are universal human needs. The Baby Body exercise offers these things as unconditional gifts of love.

Time for Exercise: five minutes

Properties Required: none

Steps:

One of you holds the other with unimaginable tenderness, as if you were holding a trembling infant. Gently rock and caress your lover as you whisper words of comfort, safety, acceptance, and caring.

Comments:

This is not intended as a sexual activity. It is very important to offer this as an unconditional gift of love and caring. No performance of any kind is required from the one receiving this gift. Don't let the utter simplicity of this activity fool you; it is immensely powerful and effective. Do this exercise once a week for each other.

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Mind Practices

Exercises To Do On Your Own

The Witness

When you act without thinking, caught up in habit, emotional overreaction, or conditioned behavior, you become powerless. Cultivating your observer consciousness—the ability to see yourself objectively as you act and react in your daily life—gives you the power of choice. This simple exercise helps you start to awaken your witness.

Time for Exercise: five minutes

Properties Required: none

Steps:

For five minutes today put on your “witness hat” and observe carefully and in detail what you are doing. For example: *“Now I’m walking to the fridge to get an ice cream snack. Why do I want it? Because I’m bored and tired. Is there something else I can do instead? All right, I’ll have a long drink of water and then relax with a good book for a few minutes. Now I’m getting a glass and filling it with water. I’m drinking the water, and it feels cool and refreshing. I’m walking slowly toward the bookshelf to select a book... (and so on for five minutes).”*

Comments:

Although you might feel silly, speaking aloud your observations helps you witness. Doing things that make you feel a little foolish helps you move past the tendency to

take yourself too seriously. Life is serious, but it doesn't have to be grave.

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Heart Practices

Exercises To Do On Your Own

Flower Power

Painful life experiences can lead you to close your heart like a tender flower that closes its petals against the chill of the night. In this exercise, you learn to consciously open your heart so that you and all around you can share in the heavenly fragrance of its blossom.

Time for Exercise: five minutes

Properties Required: none

Steps:

1. Sit quietly, feet flat on the floor, back straight, shoulders relaxed.
2. Close your eyes, and breathe slowly and deeply.
3. Focus your attention on your feet and their connection to the ground. They are your roots anchoring you firmly and safely to the earth.
4. Continue to breathe slowly for a minute as you strengthen and deepen your connection to the earth (see *Grounding* p. 189).
5. When you feel well anchored, bring your attention also to your heart energy center. It is in the center of your chest, between your nipples, roughly on a level with your armpits.
6. In your heart center, picture a flower bud.
7. Keeping part of your focus on your connection to the earth, slowly open the flower bud until it is in full bloom.

8. When the bloom is wide open, employ your breathing rhythm to bring loving energy into and out of your heart center. On the inhale, allow loving energy from the universe to flow into your flowering heart center from all directions (front, back, both sides). On the exhale, allow your loving energy to flow out into the universe in all directions.
9. To complete the exercise, slowly come back to the world by shifting your attention from the opened heart blossom to focus only on your roots into the earth.
10. Next, focus only on your breathing rhythm, the gentle inhale and exhale.
11. Notice what is happening throughout your body. Notice your emotional state. Notice your mental state.
12. Open your eyes and continue your day.

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Soul Practices

Exercises To Do Together

Sacraments of Our Lives

Traditionally defined as the outward and visible sign of an inner and invisible grace, a sacrament is something you elevate to the status of holy or sacred. You elevate it to this status by your choice and intention. You don't need any one else's permission to do this.

Time for Exercise: 15 minutes to one hour

Properties Required: none

Steps:

1. Describe to each other examples of events or experiences that are sacraments in your relationship together.
2. Discuss what makes them worthy of their status as a sacrament. Are they one-time events or do you repeat any of them occasionally or regularly?

Comments:

Marriage is widely recognized and treated as a sacrament. Have you considered renewing your vows in an annual ceremony to honor this sacrament? A vows ceremony, whether you are legally married or living common-law, is a wonderful sacrament for lovers (see *Vows* p. 236).

Lovemaking itself is a joyous, holy sacrament, if you treat it that way. Start by declaring your intention to elevate your lovemaking to sacred sex. Proceed to create a sacred loving

space (see *Sacred Space* p. 200). Follow any of the many excellent Tantric or Taoist sacred loving guides, for example, Pala and Al's book [*Soul Sex: Tantra for Two*](#).

An act of forgiveness to your lover can be a sacrament as well as an act of kind generosity in which you make great personal sacrifice for the well-being of your lover and relationship.

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Integration Practices

Exercises To Do on Your Own

What's Good?

Be careful what you pay attention to because you are going to get more of it. You can help people focus on what they do want by asking them the simple question, “What’s good?”

Time for Exercise: one minute

Properties Required: none

Steps:

The next time you greet someone, instead of usual greetings such as “*How are you?*” “*How’s it going?*” “*What’s new?*” ask “*What’s good?*”

Suggest to everyone you know that they start asking others this simple question.

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About Authors Al Link and Pala Copeland

[Al Link and Pala](#)

[Copeland](#) own and operate [4 Freedoms Relationship Tantra](#).

Since 1987 they have been Tantric lovers and have been



teaching others since 1997. They regularly host [Tantra Sacred Sex workshops](#) in [Ontario and Quebec](#), and weeklong retreats in exotic locations around the planet.

Contact Al Link and Pala Copeland

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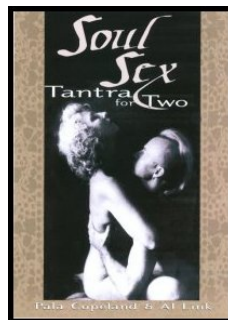
Visit their [website](#) <www.tantra-sex.com>

[Email](#) <4freedoms@tantraloving.com>

Books by Al Link and Pala Copeland

[Soul Sex: Tantra for Two](#), by Pala Copeland and Al Link

Our emphasis in *Soul Sex* is on ardent monogamous relationship, why it is a spiritual practice, and how through it we can know God and serve the world. Thought-provoking discussions, personal anecdotes and precise but simple techniques inspire readers to apply these concepts in their daily lives. The observations and exercises we include are drawn from our own heady partnership and from the hundreds of couples we have had the privilege to teach at our Tantra sacred sex workshops. Detailed references to books, videos, music and online resources provide readers with opportunities to further explore relationship, sexuality and spirituality.



“*Soul Sex* is a guide for those who want to leave the old western perception of love making behind and shift to the art of divine humans expressing love through the channels of our soul. The authors share an authentic and wholistic view that brings new hope to couples who desire to stretch beyond limitations and move into a more thriving partnership that deepens and brings true connection of union in the soul sex experience.” *Claire Papin, Co-host of Wisdom Today Radio Show*

Listen to [4 radio interviews](#) with Al and Pala about relationship as spiritual practice from their book *Soul Sex*.

[*The Complete Idiot's Guide to Supercharged Kama Sutra*](#), by Al

Link and Pala Copeland

The *Kama Sutra* teaches that extraordinary sex is a worthy element of a full and rich life.

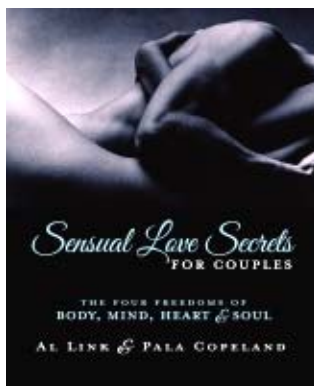
Everyone deserves the satisfaction of sex that's truly supercharged. And everyone, including you, can learn to make that kind of love. Whether you're a novice in the arts of love or know your way around the bedroom quite well, you'll find ideas and practices that will add spice and satisfaction to your love life. Gorgeous full-color photos show you how!



[*Sensual Love Secrets for Couples: The Four Freedoms of Body, Mind, Heart & Soul*](#), by

Al Link and Pala Copeland

Sensual Love Secrets for Couples offers a simple yet profound idea for stoking the fires of lifelong intimacy: awaken your body, mind, heart, and soul. These four “freedoms”—the essence of human nature—have the power to transform a partnership into a divine union of desire, pleasure, and lasting love. Unlike other relationship books that focus on problems and how to fix them, *Sensual Love Secrets* reveals how couples can keep a sense of discovery, pleasure, and appreciation alive in a monogamous relationship by connecting with and exploring each other on all four levels.



Sharing proven “four freedoms” techniques and secrets of sacred loving, *Sensual Love Secrets for Couples* features over one hundred playful and creative activities designed to help you and partner establish trust, cultivate emotional intimacy, embrace commitment, open up to pure sexual pleasure, and build spiritual bonds that last a lifetime.

[Tantra Sex Step By Step: 28 Days to Ecstasy](#), by Pala Copeland and Al Link

Tantric sex, the art of sacred loving, elevates your sexuality beyond the physical. This ancient practice of uniting sex and spirit is especially relevant for modern lovers who long for deeper connection and greater pleasure. This book shows you that Tantra is a practical approach to intimacy that can have a profound impact on your life, without requiring a great deal of extra time.

Tantra Sex Step by Step contains a 28 day plan with concise instructions for simple, fun to do activities that will strengthen your relationship and intensify your sexual/spiritual connection. The exercises are quite short—on average you’ll spend no more than 20 minutes per day on your sacred loving practice—less time than you may spend watching a TV sitcom or the evening news. Once per week there are longer lovemaking periods in which you reap great delights from the skills you’ve been learning. By the end of the 28 days you’ll have changed your life.

Audio Books by Al Link and Pala Copeland

“*The Complete Secrets of Lovemaking*” by Pala Copeland and Al Link



We have had three of our electronic books professionally read and digitized into MP3 files that you can listen to on your iPod, your car or home stereo. Listening to these wonderful

sacred sexuality guides gives you a completely different perspective than reading them on your computer. You can listen to samples from each of the audio books by [visiting our website](#).

Here are a few teasers about what you will learn when you listen to these audio books.

- Lifetime sexual fitness in just three minutes per day with one simple exercise...
- The secret to finding any woman's g-spot instantly...
- The three ancient secrets for making any women multi-orgasmic...
- Open your heart and really feel love in one minute with this technique...
- Pump up the passion, keep monogamy hot, with the 10-second kiss...
- The one thing about sex you learned in high school that is invaluable now...
- Two simple things men need to learn in order to separate orgasm from ejaculation...
- Three types of orgasms for men, and you can have them all!

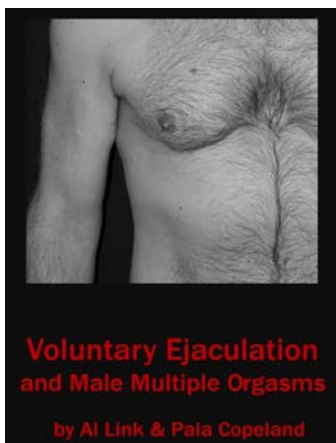
- Gain a serious competitive advantage in sports or business over ordinary men who do not know how to do this...
- Four stages of erection and what they mean...
- Breathe this way and delay ejaculation indefinitely...
- Squeeze here at the right time and stop any ejaculation...
- How to have energy orgasms—oooh la la...
- Control is the enemy of ecstasy...
- How to break the sound barrier—sounds to set you free...
- The butterfly pelvic technique...
- How to breathe for deepest intimacy...
- Go out of your mind and get into your body—focus on your senses...
- Stop distracting thoughts that take you out of the lovemaking...
- The sexual fire breath—hot, hot, hot...
- The passion pump—oh my goodness!
- The big draw method for really big orgasms...

eBooks by Al Link and Pala Copeland



100 Ways to Keep Your Lover, by Al Link and Pala Copeland, First interactive edition March 2003

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**Voluntary Ejaculation
and Male Multiple Orgasms**

by Al Link & Pala Copeland

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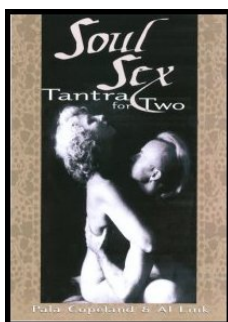
Tantra & Kama Sutra Sex Positions, by Al Link and Pala Copeland, First interactive edition December 2003, Revised May 2004

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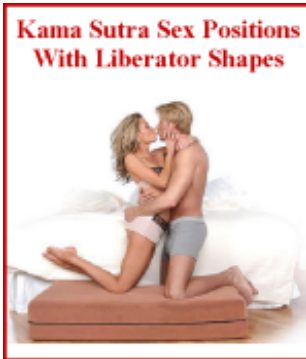


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- a **free PDF** file with illustrations and hot links



Soul Sex: Tantra for Two, by Pala Copeland and Al Link, New Page Books, 2003
a **free PDF** file of **excerpts from the book**, includes illustrations



[Kama Sutra Sex Positions With Liberator Shapes](#), by Pala Copeland and Al Link, 2006

a **free PDF** file with over 100 sexy photos and the *Kama Sutra's* ancient sex secrets adapted for modern lovers.

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