

## Step 3 - Keep Your Fire Burning All Night Long

*by understanding the arousal's tantric principles*

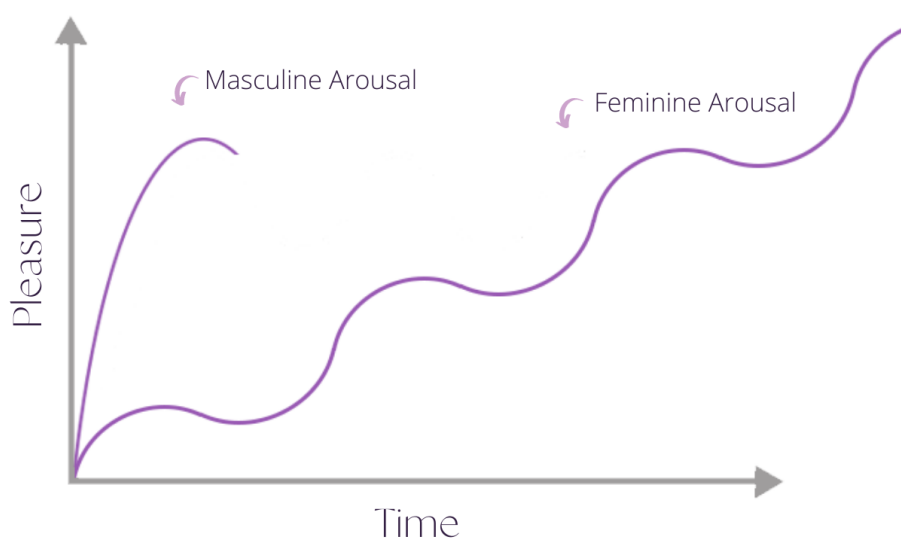
### Feminine and Masculine Arousal in Tantra

**Feminine's arousal is like water** - it takes time to heat up, but then it can boil for a long time. It grows slowly with ebs and flow.

Moreover, when the feminine arousal hasn't been activated for a while it can become like ice, which can feel like having low sexual desire, and that libido is decreased or absent.

**Masculine's arousal is like fire** - it ignites easily, grows fast and can burn out quick.

#### MASCULINE & FEMININE AROUSAL



#### So it's important to:

1. **Give yourself time:** do not rush your arousal and let it grow with ebb and flow.
2. **Keep your water simmering by having sensual or sexual play as a self-care.** Try not to let your water become ice, or if it does, be patient with it rather than upset with your own body, as this just makes your body want to shut down even more.

