

THE SACRED ART OF SURRENDER: EMBRACING PLEASURE THROUGH TANTRA



This guide will help you explore how surrender, in the context of sacred sexuality, can elevate your experience of intimacy through tantric practices.



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Welcome!

Welcome, beautiful soul, to this sacred journey of surrender and self-discovery. I am honored that you have chosen to explore the pages of this guide, and I hold deep respect for your courage to open yourself to the mysteries of intimacy, pleasure, and vulnerability. Together, we will embark on a path of letting go, of embracing who you truly are, and of discovering the boundless depth of love and connection available within you.

This space is for you—to feel, to heal, and to grow. May each word and practice in this guide be a gentle invitation to connect more deeply with your body, heart, and spirit. Know that you are not alone, and that every step you take toward surrender is a beautiful expression of your strength and your capacity for love.

With open arms and a full heart, I welcome you. May this journey bring you peace, empowerment, and the joy of true intimacy.

With love,
May Gonzalez





Introductions

In a world where control and self-sufficiency are highly valued, the idea of surrender often evokes fear and discomfort. We are taught that to surrender is to become powerless or weak. Yet, in the context of sacred sexuality and tantra, surrender is not about giving up your power—it is about consciously choosing to let go of resistance and fully inhabit the present moment. It is about trusting yourself, your partner, and the process of intimacy so profoundly that you can release all barriers, allowing your true self to emerge.

Tantra invites us to experience sexuality as a sacred union, where vulnerability is a strength, and deep connection is the gateway to pleasure. In this guide, you will explore how surrender can become a profound pathway to emotional healing, spiritual growth, and boundless pleasure. You will learn how to **trust your body**, cultivate openness, and let go of the need for control, allowing your experience of intimacy to become more authentic, loving, and expansive.

The journey of surrender is one of the heart, mind, and body. You will discover how to tap into the infinite well of pleasure that lies within you. This guide will offer you **practical exercises and knowledge** to explore surrender in a safe, sacred space, either by yourself or with a partner. Whether you are just beginning your journey or are experienced in tantric practices, this guide is designed to deepen your capacity for intimacy and transform the way you connect with yourself and others.





Introductions

Surrendering in the context of intimacy also requires a willingness to face fears and release old emotional patterns. This process may bring up moments of vulnerability that can feel intense or uncomfortable. However, it is in these moments of letting go—when we are no longer hiding or protecting ourselves—that the most beautiful and profound connections can emerge.

Through the practices outlined in this guide, you will experience how surrender can free you from limiting beliefs about your body, sexuality, and pleasure. By embracing the unknown, you open yourself up to receiving and experiencing the fullness of your being—unlocking the gateway to unconditional love and limitless pleasure.

The Sacred Art of Surrender is not just about techniques; it is an invitation to transform the way you view pleasure and intimacy. It is an invitation to recognize your own sacred nature, to let love flow freely through you, and to allow the dance of masculine and feminine energies to guide you to a place of oneness. This journey of surrender is ultimately a journey of liberation—a return to your truest self, where love, joy, and pleasure reside in abundance.





May Gonzalez

May Gonzalez is a **sacred sexuality priestess** and **somatic sexologist** who works with women to reconnect with their bodies, heal emotional and physical wounds, and explore their sacred feminine energy. Through her teachings, she emphasizes the deep connection between emotional experiences and physical manifestations, particularly in the yoni (vagina), and how trauma, repression, and unresolved emotions can create physical symptoms. May Gonzalez guides individuals in practices of self-knowledge, embodiment, and the awakening of the sacred feminine, using somatic and spiritual techniques to help women heal and reclaim their power.

She is passionate about helping women heal Womb conditions and other emotional or physical blockages by understanding the interplay between body, mind, and spirit. Her work involves integrating sexual energy as a path to wholeness, pleasure, and self-awareness, creating a space for transformation and empowerment.



Chapter 1: Understanding Surrender

The Role of Presence in Surrender

In tantra, presence is the foundation upon which surrender is built. To surrender, we must first cultivate the ability to be fully present in each moment. Presence is the act of being here, now—aware of our breath, our sensations, our emotions, and our partner's energy. It is about silencing the mind's chatter, letting go of past experiences and future expectations, and embracing what is unfolding in the moment.

Surrendering through presence means shifting from “doing” to “being.” Instead of focusing on what should happen, the goal is to experience what is happening. When you can be present with your sensations and emotions, you create space for vulnerability and connection. This space allows energy to flow freely within your body and between you and your partner, enhancing both physical and emotional intimacy.

THE WISDOM OF THE BODY

Your body holds immense wisdom, and surrendering means trusting in this wisdom. Too often, we allow the mind to dominate our experiences of pleasure, setting expectations or clinging to preconceived ideas of how intimacy should unfold. Surrender in tantra encourages you to let your body lead the way, without interference from the mind.

When you let go of control, you begin to notice the subtle sensations, feelings, and movements that naturally arise in your body. This awareness allows for a deeper connection with your physical self and opens the door to new realms of pleasure that go beyond what the mind can imagine. Trusting your body means believing that it knows what it needs in each moment, whether that is a soft touch, deep breath, or release of tension.



Chapter 1: Understanding Surrender

OVERCOMING FEAR AND RESISTANCE

One of the greatest challenges to surrender is overcoming the fear and resistance that naturally arise when we open ourselves to vulnerability. Fear of intimacy, fear of being seen, fear of rejection, or fear of losing control can create emotional and physical blockages that prevent us from fully surrendering. These fears are often rooted in past experiences—perhaps we have been hurt before, or perhaps we have internalized societal messages about sexuality that make us feel shame or guilt.

In tantra, surrender requires gently confronting these fears and allowing them to dissolve. The process of letting go is gradual and compassionate, not forceful. By practicing self-awareness and patience, you can begin to identify the areas where you hold resistance and consciously choose to release them. This might mean breathing into a place of tension in your body, allowing yourself to be vulnerable in front of your partner, or simply acknowledging the fear without letting it control your actions.

THE GIFT OF VULNERABILITY

Vulnerability is at the heart of surrender. To be vulnerable means to open yourself to the possibility of being deeply seen—by yourself and by your partner. It requires trust and courage, as it involves exposing parts of yourself that you may have hidden or protected for a long time. In tantra, vulnerability is seen as a gift because it allows for true intimacy and connection.

When you allow yourself to be vulnerable, you invite your partner to do the same. This mutual exchange of openness can lead to profound emotional and energetic healing. Surrendering into vulnerability creates a sacred space where love, compassion, and acceptance can flourish. It is within this space that the deepest forms of pleasure and connection are experienced.



Chapter 1: Understanding Surrender

EXERCISE: SOFTENING INTO SURRENDER

Begin by finding a quiet, comfortable space where you won't be interrupted. Sit or lie down, and take a few deep breaths, allowing your body to relax with each exhale.

- Close your eyes and bring your awareness to your body. Notice any areas where you feel tension or resistance. It could be physical tightness, an anxious thought, or an emotional heaviness.
- As you inhale, imagine that you are breathing into these places of resistance. With each exhale, allow yourself to soften and release the tension. Let go of the need to control or fix anything—just allow it to be.
- If fear or discomfort arises, acknowledge it with compassion. You might silently say to yourself, “I see you, and I choose to soften.” Let your breath be a source of comfort and grounding.
- Spend at least 10 minutes in this practice, focusing on the sensation of softening into surrender. Notice how your body feels as you let go of control and simply be with whatever is present.

SURRENDER AS A FEMININE QUALITY

In tantra, surrender is often associated with the feminine energy, which is fluid, receptive, and open. Feminine energy is not about gender but represents a state of being where one is in flow with the rhythms of life, allowing things to unfold naturally rather than trying to force outcomes. This is the essence of surrender—being receptive and trusting in the natural course of things.

Surrendering into feminine energy invites you to embrace pleasure without an agenda, to move with the energy that arises in each moment rather than trying to direct it. When you embody this energy, you allow the full expression of your sensuality and emotional depth.

Feminine energy in surrender is magnetic; it draws in connection, intimacy, and pleasure by simply being open and present.



Chapter 1: Understanding Surrender

SURRENDER AND TRUST

Trust is the foundation upon which surrender rests. Without trust, surrender feels impossible. Trusting yourself and trusting your partner are equally important when practicing surrender in tantra. This means believing that you are safe in your vulnerability and that your partner will honor and hold space for you in the process.

Trusting yourself also means recognizing your body's inherent ability to heal and experience pleasure. It is about believing in your worthiness to receive pleasure and connection. As you deepen your practice of surrender, your trust in yourself will grow, leading to more authentic and meaningful experiences of intimacy.

SURRENDER VS. SUBMISSION

In the realm of tantra and sacred sexuality, it's crucial to understand the distinction between surrender and submission, as the two concepts are often confused but carry very different energies and implications. Surrender is an empowered choice—it is a deliberate, conscious act that arises from a place of strength and inner knowing. Submission, on the other hand, is often associated with passivity, a relinquishment of power that may not be driven by conscious intent.



Chapter 1: Understanding Surrender

SURRENDER: A CONSCIOUS CHOICE

Surrender in tantra is an active decision to let go, open up, and allow yourself to be vulnerable. It is rooted in trust—trust in yourself, your partner, and the safety of the moment. When you surrender, you remain present and aware; you actively choose to release the need for control and trust in the flow of energy. Surrender is empowering because it comes from within—it's an intentional act of giving permission to yourself to experience the depths of intimacy and pleasure.

Surrender allows you to fully experience the present moment without judgment or expectation. It is about choosing to let your guard down and inviting your partner to connect with you in a deeper, more authentic way. When you surrender, you remain connected to your own boundaries and desires, allowing yourself to be receptive to pleasure while still honoring your own limits. This makes surrender a powerful act, as it requires courage to fully embrace both your vulnerability and your power.

SUBMISSION: RELINQUISHING POWER

Submission, in contrast, often implies a passive relinquishment of power or control to another person. It may involve giving in to another's desires without considering your own boundaries or feelings. Submission can sometimes carry negative connotations of being forced, dominated, or coerced, especially when it lacks the conscious choice that defines surrender.

In submission, the act is often about pleasing another person or meeting external expectations, which can lead to feelings of disconnection from one's own needs and desires. While submission can be consensual and pleasurable in certain contexts (such as BDSM practices, where boundaries and consent are explicitly communicated), it lacks the inner empowerment that characterizes surrender in tantra. It can sometimes lead to resentment or emotional disconnection if the act is not fully aligned with your true desires.



Chapter 1: Understanding Surrender

THE POWER DYNAMIC

The key difference between surrender and submission lies in the power dynamic and the origin of intent. In surrender, you hold the power within yourself—you decide when, how, and to whom you choose to surrender. It is an inwardly-driven process that honors your own agency, allowing you to open up from a place of empowerment. You are the one in charge of your boundaries, and the act of surrender is about expanding your comfort zone in a way that feels nurturing and safe.

Submission, on the other hand, often places power outside of yourself, relying on someone else to direct the experience. It can be about obeying, yielding, or meeting the needs of another person, which may or may not be aligned with your own true desires. This can lead to disempowerment if you are not consciously choosing to submit or if the dynamics aren't based on mutual trust and respect.

SURRENDER IN INTIMACY: AN EMPOWERING FLOW

In the context of intimacy, surrender is about creating a deep connection with your partner where both individuals are equally engaged in the exchange of energy. It allows you to be in the flow, fully experiencing the sensations and emotions that arise without resistance.

Surrender is about letting the energy guide you, rather than trying to control or direct the experience. This openness leads to richer, more fulfilling connections because both partners are present and engaged in the moment.

When you surrender, you also give your partner the gift of your openness and trust, which can foster deeper intimacy and emotional bonding. By choosing to surrender, you are allowing your partner to hold space for you, to witness you in your vulnerability, and to support you in your journey towards deeper pleasure and connection.



Chapter 1: Understanding Surrender

SETTING BOUNDARIES IN SURRENDER

An important aspect of surrender is the establishment of boundaries. Empowered surrender does not mean allowing anything and everything to happen without regard for your own well-being. It means being clear about your boundaries and trusting yourself enough to communicate them honestly. Surrender involves being open while still staying connected to your own needs, desires, and limits.

Setting boundaries in surrender is not contradictory; in fact, boundaries create the container in which surrender can safely take place. Knowing where your boundaries lie allows you to relax into the experience without fear, trusting that your limits will be respected. This clarity is essential for creating an environment where surrender is possible and pleasurable.

EXERCISE: EXPLORING SURRENDER VS. SUBMISSION

This exercise is designed to help you explore the difference between surrender and submission in a safe and conscious way.

- Find a Quiet Space: Set aside some time where you can be undisturbed. If you have a partner, invite them to join you in this exercise. If you are alone, you can still practice by focusing on your own internal experience.
- Reflect on Surrender: Close your eyes and take a few deep breaths. Think of a moment when you have felt empowered and open—perhaps a time when you allowed yourself to let go in a safe and loving environment. Notice how your body feels when you imagine surrendering from a place of strength.
- Reflect on Submission: Now, take a moment to think of a time when you may have felt pressured to submit or when you acted to please someone else without truly considering your own needs. Notice how your body reacts to this memory—do you feel tension, discomfort, or disconnection?
- Discuss with Your Partner (if applicable): If you are practicing with a partner, share your reflections. Talk about the difference between these experiences and how you each define surrender versus submission in your relationship. Discuss ways to support each other in practicing empowered surrender.
- Practice Surrender: End by practicing a short exercise in empowered surrender. You could try eye gazing, slow and conscious touch, or simply lying together and focusing on deep breathing. The goal is to cultivate presence and consciously let go, noticing any resistance and choosing to soften into connection.



Chapter 1: Understanding Surrender

THE BEAUTY OF EMPOWERED SURRENDER

Surrender in tantra is about the beauty of willingly opening yourself to the unknown. It is the moment you choose to **trust your partner, to trust yourself**, and to allow whatever emotions, sensations, and energies arise to flow without judgment. It is in this state of openness that true intimacy can flourish—where you and your partner can meet each other fully, beyond roles, expectations, or fears.

Empowered surrender invites us to **let go of ego and defences**, to release the illusion of control, and to trust in the transformative power of love and connection. It is an act of courage that can lead to profound healing, pleasure, and union. By embracing the sacred art of surrender, you are giving yourself permission to experience the depths of your being and to connect with others on the most authentic level—where the heart, body, and spirit unite.



Chapter 2: The Sacred Dance of Masculine and Feminine Energy

The Essence of Masculine and Feminine Energies

Masculine and feminine energies exist within all of us, regardless of gender. They represent two complementary forces that, when balanced, create harmony and wholeness.

Understanding these energies and learning how to navigate them is essential in tantra, where the interplay of these forces creates a sacred dance of connection, intimacy, and unity.

- **Masculine Energy:** Often described as the "container" or "conscious presence," masculine energy is about stability, direction, and awareness. It represents stillness, purpose, and the ability to hold space. In an intimate setting, masculine energy provides a safe, grounded environment, allowing the feminine energy to express itself freely. It embodies qualities like focus, presence, and steadiness.
- **Feminine Energy:** Feminine energy is fluid, spontaneous, and creative. It represents movement, intuition, and emotion. It is often described as the "flowing river" within the masculine container, expressing the rhythms of life in all their beautiful complexity. Feminine energy embodies nurturing, receptivity, and the raw expression of feeling. In intimacy, feminine energy brings vitality, passion, and a dynamic flow that inspires and transforms.



Chapter 2: The Sacred Dance of Masculine and Feminine Energy

POLARITIES AND ATTRACTION

In tantra, polarities are what create attraction between partners. Just as positive and negative charges attract each other, the dance between masculine and feminine energy generates a magnetic pull. This polarity fuels passion and intimacy. When both partners embody their respective energies—one leaning more into masculine presence, the other into feminine flow—it creates a powerful dynamic of attraction and deep connection.

However, it's important to note that these roles are not rigid or fixed. We all have both masculine and feminine energies within us, and they can shift depending on the situation or relationship dynamics. The beauty of tantra lies in the flexibility to embody and balance these energies, allowing a dynamic interplay that fosters deep intimacy.

BALANCING WITHIN OURSELVES

Before we can create balanced relationships with others, it's important to balance the masculine and feminine energies within ourselves. This internal balance allows us to experience wholeness and harmony, enabling us to consciously choose which energy to embody at any given moment.

- **Balancing the Feminine:** To connect with your feminine energy, focus on allowing rather than controlling. Practice surrendering to the moment, expressing emotions freely, and engaging in activities that stimulate creativity and intuition. Dance, nature walks, art, and spontaneous movement are all wonderful ways to embody the feminine flow.
- **Balancing the Masculine:** To connect with your masculine energy, cultivate presence and a sense of purpose. Meditation, goal-setting, and activities that require focus and structure, like yoga or breathwork, can help strengthen masculine qualities. The masculine within us is the part that holds space, providing the strength needed to let the feminine flow freely.

When both energies are balanced within us, we experience a greater sense of self-assurance, emotional stability, and a deeper capacity for connection. We are able to embody whichever energy is needed in any given moment, creating a dance between doing and being, holding and flowing.



Chapter 2: The Sacred Dance of Masculine and Feminine Energy

THE MASCULINE AS THE CONTAINER

In the dance of intimacy, the masculine energy is often described as the "container" that holds the space for the feminine. This doesn't imply domination or control; instead, it is about providing a safe, steady presence that allows the feminine energy to feel supported and free to express itself fully.

The container is the unwavering focus and presence that allows the feminine energy to explore its own depths. When the masculine is grounded and present, it provides a sense of safety that invites the feminine to surrender, open up, and reveal its true essence. This is where the magic of tantra unfolds—when one partner holds steady as the other flows, both partners experience a deepening of intimacy and connection.

The masculine container can manifest through unwavering eye contact, deep breathing, or simply being present without distraction. This presence communicates to the feminine, "I am here for you; you are safe to express yourself without fear."

THE FEMININE AS FLOW

Feminine energy is about movement, creativity, and the natural rhythm of emotions. In intimacy, the feminine is the playful, flowing energy that brings passion and life force into the space. It is the energy that inspires, nurtures, and awakens the senses.

When feminine energy feels supported and safe, it is free to dance, to move between ecstasy and vulnerability, and to express itself authentically. The feminine essence is like a river—sometimes calm, sometimes raging, but always moving. When held within the masculine container, the feminine can fully embrace its flow, knowing it will be received without judgment.

The feminine brings warmth, empathy, and connection. It creates a sense of spontaneity and play, inviting both partners to step beyond routine and explore new realms of pleasure and intimacy. Feminine energy is about feeling—feeling deeply, expressing fully, and moving through emotions in a way that allows for profound transformation.



Chapter 2: The Sacred Dance of Masculine and Feminine Energy

EXERCISE: EMBODYING MASCULINE AND FEMININE ENERGY

This exercise will help you explore and embody both masculine and feminine energies. You can do this individually or with a partner.

1. Masculine Presence Exercise:

- Find a comfortable seated position. Close your eyes and take a few deep breaths.
- Focus on your breath, allowing it to be slow and steady. Imagine a bright light at the center of your chest, representing your consciousness.
- Visualize this light growing and expanding as you focus on presence and stillness. Imagine yourself as a mountain—strong, grounded, and unmovable. Allow yourself to embody this quality of unwavering presence for several minutes.

2. Feminine Flow Exercise:

- Stand up, close your eyes, and take a deep breath.
- Begin to move your body gently, letting go of any preconceived notions of how you "should" move. Allow your body to guide you, moving in any way that feels natural. Let your hands, arms, hips, and legs move freely.
- Focus on the sensations in your body. Notice how the energy flows through you, changing directions and intensity. Allow any emotions that arise to be expressed through movement and sound.

3. Partner Exercise: The Container and Flow:

- One partner sits in a comfortable seated position, embodying masculine presence. They focus on their breath, maintaining eye contact, and holding space without judgment.
- The other partner stands or moves freely, embodying feminine flow. They move around, dance, or sway, expressing themselves without any expectation. The masculine partner simply witnesses and holds space, remaining grounded and present.
- After a few minutes, switch roles and repeat the exercise.



Chapter 2: The Sacred Dance of Masculine and Feminine Energy

CREATING BALANCE IN RELATIONSHIPS

Understanding the dance between masculine and feminine energies can significantly enhance relationships. When both partners are aware of these energies, they can consciously create polarity to keep the relationship vibrant and alive. For example, if one partner is embodying a strong masculine presence, the other can allow themselves to embrace the feminine flow, creating a dynamic interplay that deepens intimacy.

It's also important to recognize when energies need to be balanced. If both partners are stuck in masculine energy—focused on tasks, goals, and structure—the relationship may feel rigid or disconnected. On the other hand, if both partners are embodying only feminine energy, the relationship may feel chaotic or lacking direction. By being aware of these dynamics, partners can learn to consciously shift energies to restore balance and harmony.

THE SACRED DANCE

The interplay of masculine and feminine energy is like a dance—sometimes one leads, and the other follows, and at other times they move together in perfect harmony. This dance is sacred because it allows both partners to express their true nature while supporting and complementing each other.

In tantra, the dance of masculine and feminine is not about rigid roles but about fluidity, connection, and presence. By understanding and embracing these energies, you can create deeper, more fulfilling experiences of intimacy—both within yourself and with your partner. This sacred dance allows for the full expression of who you are, enhancing your capacity for love, pleasure, and connection.

By embracing the sacred dance of masculine and feminine energy, you are not only enhancing your intimate relationships but also honoring the natural balance within yourself, inviting wholeness, harmony, and an enriched experience of life.



Chapter 3: Self-Love as a Path to Surrender

The Foundation of Self-Love

Self-love is more than just a concept—it is a practice, a journey, and a relationship with yourself that must be cultivated and nurtured over time. It involves accepting all parts of yourself, including the parts you might perceive as imperfect or unworthy. True self-love means embracing your body, emotions, desires, and needs without judgment or criticism. When we talk about surrendering in the context of intimacy, it's about releasing the layers of protection we build around ourselves to avoid getting hurt or rejected. However, to surrender to another, we first need to be comfortable with who we are. This starts with building a deep, compassionate relationship with ourselves—a relationship based on kindness, acceptance, and love.

Self-love allows us to trust ourselves. It means believing that we are enough as we are and that our worthiness is not dependent on someone else's approval or validation. When we nurture this sense of self-worth, we are better able to surrender, knowing that our sense of value comes from within, rather than from an external source. In intimacy, this self-assuredness allows us to be open, vulnerable, and receptive without fear of being hurt or judged.

LETTING GO OF SHAME AND SELF-JUDGMENT

For many of us, the journey towards self-love involves confronting feelings of shame or judgment about our bodies, sexuality, and desires. These feelings often stem from societal conditioning, past experiences, or messages we received growing up that led us to believe that certain aspects of ourselves were unacceptable. To surrender, it is crucial to let go of these layers of shame and self-judgment.

Shame keeps us guarded and disconnected from our true selves. It prevents us from fully experiencing intimacy and pleasure, as we are constantly worried about being exposed or judged. By cultivating self-love, we give ourselves permission to accept our bodies and our desires as sacred. We begin to honor our sensuality and recognize it as a natural and beautiful part of who we are.

One powerful way to let go of shame is through self-compassion. Whenever feelings of shame or self-judgment arise, practice speaking to yourself as you would to a dear friend. Replace critical thoughts with compassionate affirmations. For example, instead of thinking, "My body is not good enough," try saying, "My body is a sacred vessel, and I love and accept it as it is."

Chapter 3: Self-Love as a Path to Surrender

THE PRACTICE OF SELF-CONNECTION

Cultivating self-love also means taking the time to connect deeply with yourself. In the context of tantra, this means getting to know your body, your needs, and your desires. The more you understand yourself, the easier it becomes to communicate these needs to a partner and to fully surrender in moments of intimacy.

Self-connection can be nurtured through various practices:

- **Body Awareness:** Spend time connecting with your body without any goal or agenda. This could involve mindful movement, such as yoga or dance, or simply touching your skin with the intention of getting to know how your body feels. The purpose is not to change anything but to become aware of and attuned to your body.
- **Self-Pleasure as a Sacred Practice:** Self-pleasure is a powerful way to cultivate a deep relationship with yourself. Instead of approaching self-pleasure with the goal of climax, use it as an opportunity to explore your body, sensations, and desires without pressure. Create a sacred space, light candles, play soothing music, and take your time to connect with your body. Touch yourself gently, noticing what feels good and what brings you pleasure. This practice helps you learn how to surrender to your own body, making it easier to surrender with a partner.
- **Breath and Self-Soothing:** Breathwork can also help cultivate a connection with yourself. Practice deep breathing while placing one hand on your heart and the other on your lower belly. Feel the rise and fall of your breath, allowing yourself to relax into the sensation of your own touch. This simple practice can be deeply soothing and is an act of nurturing self-love.

Chapter 3: Self-Love as a Path to Surrender

RELEASING THE FEAR OF BEING ALONE

One of the barriers to surrender in intimacy is often the fear of being alone. Many of us hold on to unhealthy patterns in relationships because we fear that if we let go, we will be left with nothing. This fear prevents true surrender because it keeps us in a place of holding, of not wanting to let go of control.

Cultivating a deep relationship with yourself means understanding that you are whole and complete on your own. You do not need another person to fulfill you or make you worthy. When you realize that your happiness and worth come from within, the fear of being alone begins to dissolve. This understanding allows you to enter relationships from a place of fullness rather than neediness, making it easier to surrender without fear.

RELEASING THE FEAR OF BEING ALONE

Surrender does not mean giving up your boundaries or allowing others to cross them. On the contrary, honoring your boundaries is a vital part of the practice of self-love. When you are clear on what you need and communicate that with compassion, you create a foundation of trust in yourself. This trust is essential for surrender.

To honor your boundaries, you must first know what they are. Take time to reflect on what feels right and comfortable for you, and be willing to communicate these boundaries to your partner. Remember that your boundaries are allowed to change; as you grow and become more comfortable with surrender, you may find that you are open to exploring new experiences.

By setting and maintaining boundaries, you create a safe container for yourself, one where surrender becomes possible. Boundaries allow you to open up without fear of losing yourself, as they provide a framework within which you can explore intimacy in a way that honors your needs.



Chapter 3: Self-Love as a Path to Surrender

EXERCISE: A SELF-LOVE RITUAL

This exercise will help you cultivate self-love and deepen your connection with yourself. It can be done as often as you like, especially during moments when you need to nurture your relationship with yourself.

1. **Create a Sacred Space:** Set aside time when you won't be disturbed. Create a comfortable space where you can relax. Light candles, play calming music, or use any other elements that help you feel connected to yourself.
2. **Mirror Gazing:** Stand or sit in front of a mirror. Look into your eyes, and take a few deep breaths. As you gaze into your reflection, repeat loving affirmations. You could say, "I love and accept myself just as I am," or "I am worthy of love, pleasure, and connection." Let any emotions that arise come up naturally. This exercise helps you connect with yourself at a deep level, releasing self-judgment and cultivating compassion.
3. **Touch with Intention:** Gently touch your body, starting from your head and moving downwards. As you touch each part of your body, silently thank it for all it does for you. For example, touch your legs and say, "Thank you for carrying me through life." This practice helps you appreciate your body and build a relationship of care and gratitude.
4. **Breathwork and Self-Hug:** Finish the ritual by placing your arms around yourself in a self-hug. Close your eyes and take several deep breaths. Feel the warmth and support of your own embrace. Allow yourself to feel the love that is already within you, knowing that this love is enough.



Chapter 3: Self-Love as a Path to Surrender

THE IMPACT OF SELF-LOVE ON SURRENDER

When you cultivate self-love, you create a foundation of safety and acceptance within yourself. This foundation makes it easier to let go in moments of intimacy. You no longer rely on your partner to validate your worth or meet all your needs, as you know that you can give these things to yourself. Instead, you can surrender to the experience of intimacy as a beautiful expression of connection and trust, rather than a quest for validation or fulfillment. Self-love allows you to see surrender not as a risk but as an opportunity—to open yourself to deeper levels of connection and pleasure. You know that no matter what happens, you are complete and worthy on your own. This inner confidence enables you to let go of control and to allow yourself to be vulnerable, trusting in your own capacity to handle whatever arises. By embracing self-love as a path to surrender, you unlock the door to deeper intimacy, pleasure, and connection, both with yourself and with others. Self-love is the key to surrendering fully to life, allowing yourself to experience each moment in its entirety, without fear or holding back. It is through loving ourselves that we find the courage to truly let go and embrace the transformative power of intimacy.

Chapter 4: The Art of Receiving

The Importance of Receiving

In many cultures, we are taught that giving is more virtuous than receiving, and while generosity is indeed a beautiful quality, this emphasis can make it difficult for many of us to receive freely. We often feel uncomfortable, unworthy, or indebted when someone gives to us, especially when it comes to receiving pleasure. In intimacy, this can manifest as a tendency to feel the need to reciprocate immediately or as an inability to fully relax and enjoy what is being offered.

In tantra, the art of receiving is deeply connected to the concept of surrender. To fully receive is to open oneself up to pleasure and connection without resistance, to let go of the need to give back right away, and to simply be in the flow of energy. It is an act of vulnerability and trust, allowing yourself to be taken care of and loved without conditions or expectations.

Receiving requires trust—not just in your partner but in your own worthiness. It requires you to believe that you are deserving of pleasure, care, and love, simply because you are. The art of receiving is about being present with yourself, allowing yourself to soften and open to what is being offered, whether it's a touch, a compliment, or an emotional connection.



Chapter 4: The Art of Receiving

BARRIERS TO RECEIVING

To deepen your ability to receive, this exercise builds on the initial practice of simply lying down and receiving from your partner. It involves more conscious focus on releasing any resistance and expanding your ability to stay present with the sensations and emotions that arise.

1. Prepare the Space: Set up a comfortable space with pillows and blankets. You can light candles or play soft music to create a nurturing atmosphere. Make sure you will not be interrupted.
2. Set an Intention: Before beginning, take a moment to set an intention. It could be, “I allow myself to receive fully,” or “I am open to pleasure without any need to give back.” Speak this intention out loud or silently to yourself.
3. Lie Down and Relax: Lie down comfortably on your back with your eyes closed. Take a few deep breaths and allow your body to soften. Let your partner know that they are free to give in whatever way feels right—whether through touch, massage, or simply holding you. The focus is on your experience of receiving.
4. Focus on Your Breath: As your partner begins to give, focus on your breath. Take slow, deep breaths, allowing your body to relax with each exhale. Notice where you might be holding tension and consciously release it.
5. Observe Your Mind and Body: Pay attention to what arises in your mind and body. You may notice thoughts such as, “I should be doing something in return,” or “Am I taking too much?” Gently acknowledge these thoughts and let them go. Remind yourself of your intention to simply receive.
6. Notice Sensations and Emotions: Notice the physical sensations that arise—where you feel warmth, tingling, or relaxation. Allow yourself to feel without analyzing. If emotions come up, whether they are joy, vulnerability, or even discomfort, let them flow without judgment.
7. Practice Gratitude: After the exercise, take a moment to express gratitude—to yourself for allowing yourself to receive, and to your partner for giving. You can also spend a few minutes in stillness together, simply holding each other or lying side by side, allowing the energy you have cultivated to settle.



Chapter 4: The Art of Receiving

RECEIVING WITHOUT GUILT

For many, the act of receiving can trigger feelings of guilt. You may feel that you are taking too much or that you are a burden. To overcome this, practice affirming that you are deserving of care and that receiving pleasure is a gift both to yourself and your partner. When you receive with openness and gratitude, you also give your partner the joy of giving, allowing them to experience the pleasure of nurturing and caring for you. It can be helpful to remember that intimacy is not transactional. The act of receiving is not about taking from your partner but about allowing a flow of energy that benefits both of you. When one partner is able to receive fully, it creates space for the other partner to step into their role as a giver, deepening the connection and intimacy between you.

THE JOY OF GIVING THROUGH RECEIVING

There is a beautiful reciprocity in the art of receiving that benefits both partners. When you allow yourself to receive fully, you create an experience for your partner that is joyful and fulfilling. They get to witness your pleasure, your openness, and your vulnerability, which can be incredibly rewarding. This is one of the most sacred aspects of intimacy—giving and receiving as two parts of the same whole, each supporting and enhancing the other. Learning to receive is an act of generosity in itself. It takes courage to open up and allow yourself to be vulnerable, to be seen, and to be cared for. By embracing the art of receiving, you give your partner the opportunity to love and nurture you, creating a space for deeper connection, trust, and mutual growth.



Chapter 4: The Art of Receiving

THE ART OF RECEIVING IN DAILY LIFE

Receiving is not just about physical pleasure—it extends into all areas of life. Practice receiving compliments without deflecting them, accepting help when it's offered, and allowing others to support you. These small acts of receiving in daily life can build your capacity to receive in intimacy. It's about shifting from a mindset of scarcity to one of abundance, where you recognize that there is enough love, care, and pleasure for everyone. When you embrace receiving, you step into a space of surrender, openness, and abundance. You allow yourself to be nurtured, to be seen, and to be loved without conditions. The art of receiving is ultimately an act of surrender—a willingness to open your heart, your body, and your soul to the beauty of connection and the infinite possibilities of love. By practicing receiving, you are inviting more pleasure, connection, and depth into your life, both with yourself and with those you love.



Chapter 5: Surrender and Orgasm

Redefining Orgasm in Tantra

In mainstream culture, the concept of orgasm is often portrayed as the pinnacle of sexual experience, with intimacy seen as incomplete without a climax. This emphasis on orgasm as the ultimate goal can create pressure, leading to anxiety and a sense of inadequacy if the goal isn't reached. **In tantra, however, orgasm is not the primary objective.** Instead, it is seen as a natural, beautiful by-product of being fully present with oneself and one's partner. In the tantric approach, the focus shifts from "achieving" an orgasm to embracing the journey of pleasure. It is about the sensations, emotions, and connections that arise throughout the entire experience, regardless of whether an orgasm occurs. By letting go of the outcome and surrendering to the present moment, you allow yourself to experience intimacy as an exploration of pleasure, connection, and energy flow. This surrender can lead to a richer, more fulfilling experience, where you discover new ways to connect with your body, your partner, and your inner self.

SURRENDERING TO THE FLOW OF PLEASURE

Surrendering to pleasure means being fully open to whatever unfolds without expectations. It requires you to trust that your body knows what it needs and that it doesn't need to perform in any specific way. When you surrender, you allow each sensation to be experienced fully, without labeling it as "good" or "not enough." This open-minded curiosity invites you to explore each moment with a sense of wonder and acceptance.

The experience of pleasure can take many forms—sometimes it is intense and fiery, while other times it is soft and gentle. By letting go of the outcome, you can enjoy the variety of experiences that unfold, rather than focusing solely on achieving a climax. When you approach intimacy with a sense of curiosity and openness, every touch, breath, and movement becomes an opportunity to discover something new about yourself.



Chapter 5: Surrender and Orgasm

EXPANDING THE DEFINITION OF ORGASM

In tantra, orgasm is not limited to the explosive climax most people are familiar with. Instead, it is seen as an energetic state—a wave of energy that moves through the body, bringing feelings of bliss, connection, and expansion. This expanded definition of orgasm includes:

- **Wave Orgasms:** Unlike peak orgasms, which are sudden and intense, wave orgasms build slowly and are experienced as ongoing waves of pleasure throughout the body. These waves can ebb and flow, allowing you to stay in an extended state of pleasure for longer periods.
- **Full-Body Orgasms:** Full-body orgasms are less localized and more about feeling the energy of pleasure spread throughout the entire body. They occur when you allow the energy to flow freely without focusing it solely on the genitals. Breath, movement, and relaxation are key components of allowing a full-body orgasm to emerge.
- **Energetic Orgasms:** These orgasms occur when you tap into the energy of your body without even needing direct physical stimulation. By focusing on breath, visualization, and the movement of energy, you can enter into an ecstatic state that feels deeply orgasmic, without the need for genital stimulation.

When you surrender the need to climax in a specific way, you open yourself up to these different types of orgasmic experiences. The journey becomes less about chasing an end goal and more about the richness of each moment, allowing pleasure to be experienced in its many forms.



Chapter 5: Surrender and Orgasm

RELEASING PERFORMANCE PRESSURE

The pressure to perform, either by reaching orgasm or by making sure a partner does, can often prevent true surrender. Performance pressure keeps you in your head, constantly evaluating whether you're "doing it right" or if your partner is satisfied. This mindset pulls you out of the present moment, making it difficult to connect deeply with yourself and your partner.

To release performance pressure, it's important to shift your perspective on intimacy. See it as a shared journey of exploration rather than a performance with a predetermined script. Instead of focusing on what you need to achieve, focus on what you're feeling, where you're holding tension, and how you can let go of that tension to move into a deeper state of relaxation and pleasure.

Practicing mindful intimacy—being fully present with each touch, each breath, each sensation—can help you release the expectation to perform. Remind yourself that intimacy is not about reaching a specific outcome but about the connection you cultivate along the way.



Chapter 5: Surrender and Orgasm

EXERCISE: BREATH-GUIDED SELF-PLEASURE (EXPANDED)

This exercise will help you explore the art of surrender during self-pleasure, allowing you to connect with your body in a way that is free from goals or expectations.

1. **Create a Sacred Space:** Find a comfortable place where you feel safe and won't be disturbed. Light candles, play calming music, or add any other elements that help you feel relaxed and connected. Treat this time as a sacred ritual, honoring yourself and your body.
2. **Set an Intention:** Before beginning, set an intention for your practice. It could be something like, "I choose to explore my body with curiosity," or "I release the need to achieve and open myself to whatever arises." Your intention will serve as a guiding reminder to help you stay present.
3. **Focus on Breath:** Start by lying down comfortably. Place one hand on your heart and the other on your lower belly. Begin by taking deep, slow breaths, feeling your belly rise and fall with each inhale and exhale. Allow your body to relax with each breath, letting go of any tension.
4. **Begin Gentle Exploration:** As you begin to touch yourself, keep your focus on your breath. Move your hands slowly and gently, paying attention to the sensations that arise. Explore different areas of your body—your arms, chest, thighs—before moving to the genitals. Allow yourself to explore without any goal of climax. Notice how different types of touch feel—light, firm, slow, or rhythmic.
5. **Breathe Into Sensation:** Whenever you feel a sensation that feels pleasurable, pause and take a deep breath. Imagine the breath flowing into that area, expanding the pleasure throughout your entire body. Allow each sensation to build and flow, without trying to make it bigger or hold onto it.
6. **Release Expectations:** If you notice yourself becoming focused on reaching orgasm, gently remind yourself of your intention to explore without a specific goal. Shift your focus back to your breath and the sensations you are feeling in the present moment. If your mind wanders, bring your awareness back to the physical sensations and your breathing.
7. **Let Pleasure Unfold:** Allow the experience to unfold naturally, without rushing or forcing anything. If orgasm happens, let it come without striving for it. If it doesn't, focus on the pleasure you're experiencing in each moment. Trust that your body knows what it needs and that each sensation is valuable, whether or not it leads to climax.
8. **End with Gratitude:** When you're ready to end the practice, place your hands over your heart and take a few deep breaths. Take a moment to express gratitude to yourself for the experience—for taking time to connect with your body and for allowing yourself to let go of expectations. Reflect on how it felt to surrender to the experience without focusing on a specific outcome.



Chapter 5: Surrender and Orgasm

THE POWER OF PRESENCE IN ORGASM

Presence is the key to unlocking a deeper experience of pleasure and intimacy. The mind often wants to jump ahead, to anticipate or plan, especially when it comes to orgasm. By practicing presence, you learn to slow down and stay connected with what is happening in the moment. This connection is what allows pleasure to expand and deepen, turning what might otherwise be a fleeting moment of climax into a profound, full-body experience. Presence also allows you to be more attuned to your partner, to notice the subtle shifts in energy, breath, and movement that create true connection. When both partners are present, intimacy becomes a shared dance of energy and pleasure, rather than a race to an endpoint.

LETTING GO OF "SHOULD"

The word "should" often finds its way into our thoughts during intimacy: "I should be more aroused," "I should have an orgasm by now," or "I should make my partner climax." These thoughts create unnecessary pressure and can prevent the natural flow of energy. To truly surrender, let go of the "shoulds." Remind yourself that there is no right or wrong way to experience intimacy. There is no timeline, no checklist, no standard that you need to meet. The only thing that matters is how you feel in each moment, and whether you are open to experiencing what is present without judgment or expectation.



Chapter 5: Surrender and Orgasm

SURRENDER AS AN ACT OF SELF-LOVE

The ability to surrender, to let go of the outcome and be fully present with yourself and your partner, is an act of profound self-love. It means that you trust yourself enough to release control and allow your body to guide the experience. It means honoring your own needs and desires, rather than trying to meet someone else's expectations or adhere to societal norms. Surrendering to pleasure allows you to experience your body as a sacred vessel for joy and connection. It deepens your relationship with yourself, cultivating a sense of worthiness and acceptance that goes beyond the physical act of intimacy. By letting go of the need to achieve and embracing the art of surrender, you give yourself the freedom to explore the limitless possibilities of pleasure, intimacy, and connection.

CONCLUSION: THE BEAUTY OF SURRENDER

Surrender in intimacy is about much more than just letting go of the need for orgasm—it is about opening yourself to the beauty of each moment, allowing pleasure to unfold naturally and trusting that your body knows what it needs. It is about being present with yourself and your partner, creating a space where intimacy is an exploration rather than a performance.





Thank you!

Thank you for embarking on this journey of surrender and connection with me. I deeply honour your willingness to explore the sacred art of vulnerability, to open yourself to the depths of intimacy, and to embrace the beauty of your body and spirit. May the practices in this guide bring you closer to your true essence, cultivating more love, pleasure, and peace in your life. Remember that each step of surrender is a gift to yourself—one of trust, presence, and boundless joy. With all my gratitude, I wish you a journey filled with transformation and deep, loving connection.

With love, gratitude, and healing light,

May Gonzalez

Sacred Sexuality Priestess & Somatic Sexologist





Join the "Sacred Surrender" Workshop

Dear Reader,

I warmly invite you to step deeper into this journey of self-discovery and connection by joining my workshop, "**Sacred Surrender.**" This sacred space is designed for you to explore the beauty of vulnerability, release what holds you back, and embrace true intimacy with yourself and others. Together, we will create a nurturing environment where surrender becomes an empowering act, allowing us to unlock deeper layers of pleasure, love, and inner peace.

Come and be part of a community devoted to the art of sacred surrender—where you are seen, held, and celebrated for your courageous openness. Let us come together to create magic, heal, and discover the true power of letting go.

With love and light,
May Gonzalez

[Talk To Me](#)



MAY GONZALEZ