

THE Tantric TOUCH



*Ancient Lovemaking
Secrets To Thrill & Delight
Her In Bed Tonight*



BY GABRIELLE MOORE

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antra. Even the word seems mysterious, mystical and strange, undulating over your tongue like some smooth, sexy seductress. Say it out loud (with the proper accent – “Tahn-trrrrrah”), letting the “Rrrr” roll around your mouth and off the tip of your tongue. I’m not going to hide it... this book is a little bit different from what I usually write, because honestly my darling, Tantra is a little bit different from the things I usually write about!

Tantra is spiritual, sexual, sensual, social and special in the most intimate of ways. Don’t let that scare you away! Spiritual does not mean religious. Whether you are Christian, Jewish, Muslim, heathen, agnostic, atheist or anything in between, there is no reason to avoid the ritual and reason behind Tantric philosophy and cut yourself off from all the potential benefits of these practices to enliven, grow, broaden and transform your sex life in a way I have never known before. No, this tantra thing is something else alright!

The ancient Sanskrit words may come off as a bit of a confusing jumble, but I promise that when you are through with this book, you will know exactly what Tantra has to do with you and your lover, and how to apply both ancient rites and modern interpretations to make your love life stronger, sexier and more satisfying for both of you. You don’t have to give up any of your current beliefs, because while tantric rituals and practices may rely on ancient mythology and what you might consider unorthodox techniques, nearly all of your experiences are rooted in your physical body and your ability to sense and understand a strange, wide world. While you are welcome to continue practicing your current religion, if you have one, any chance that your community perpetuates sex- and body-negativity is a strong suggestion that you may want to reconsider your participation. Tantra is about learning how to love yourself, and how to share that love with your partner in life. Whether you belong to a specific religion or live your life by science, who can argue that there is anything wrong with nurturing love? Certainly not this woman, and probably not your woman either.

I am not going to tell you that this will be an easy transformation. Tantra is a kind of yoga, and while you may only be familiar with the kind of yoga that pushes your body into difficult positions, it is an even more complex system than that. Learning to bend your mind and open your heart to new loving opportunities is not easy work, but it is all worthwhile when you can finally share that great love and passion for life with your partner! You will be twisted and turned around, delving deep into your own mind, heart and soul in search of meaning and joy to share. I will do everything in my power to give you easy-to-understand information and simple-to-follow instructions for implementing the arts of erotic energy exchange into your life, starting right now.

So what is the first step? Take a deep breath, relax, and get ready to learn! What follows is a precise, practical guide to understanding erotic love and the energies of your relationship through all new eyes. Be prepared and don’t be scared.... I’m going to be asking you a lot of questions, taking you deep into yourself so you can explore your own inner realms and prepare to help your wife explore hers. Hold on tight! It might be a bit of a bumpy ride, but remember, the fun is in the journey!

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Chapter

01

*Sexual Alchemy, Chemistry and
Physics*



S

o what exactly is erotic energy anyway? “Energy” is one of those words that get bantered around a lot, by scientists and new-agers all the same. What does energy mean to you? What kind of thoughts or images does the word conjure in your mind?

The Complete Idiot’s Guide to Tantric Sex¹ defines the word as “The life force from within that can be pooled internally and then channeled to create magnificent results in the inner and outer worlds.”

Before you start to get worried, let’s think a bit about this life force we are talking about – it’s not as hokey as it might sound, I promise! You can’t deny that the body needs energy to live. We take in energy through the food we eat, the water we drink and the air we breathe. Our body frees this energy for our use through digestion. But how do you actually use this energy? Do you put out a lot of effort in your day-to-day life, at work or at play? Or does your body just end up flushing it out, or worse, storing it up in fat cells which make it harder to use?

What if you were able to harness this energy not only to make your sex life better, but to enhance all of your relationships, boost your mood and heal your body? How wonderful that would be! Well I’m here to tell you that all of these things are possible with a bit of dedication, devotion, and a whole lot of fun.

Alchemy: transmutation & transformation



The alchemical process is often referred to as the birthplace of chemistry and the prototype of modern science². Both the philosophy and science of alchemy are based on the idea of transmuting something that is less-than-functional into something transcendent and worthwhile. Often it is assumed that the entire focus of this protoscience was to transform iron into gold, or find the “elixir of life” – the key to immortality. What if you could use these principals to instead transform your relationship?

First Comes Love

One of alchemy’s main dictums, in its original Latin, is “Solve et Coagula” – separate and join together³. What is love if not a continuous cycle of dissolution and consolidation? You know that old saying that we must all love ourselves before anyone else can love us; it is really just a simple suggestion to break down our self-knowledge before we attempt to join together with someone else.

This process, though, is not a one-time thing. As a relationship evolves and we each change, each must take the time to individualize and

find ourselves, so we can come together again as better, closer lovers and partners. It can be easy when we seem to be drifting apart from our lover to get stuck in a rut. Whether you are expecting your partner to change for you, or you just don't know how to change yourself, keep this process in mind. We will be exploring during each of the steps of tantric reawakening not only the steps you need to take to reconnect with your partner, but more importantly the steps you and your partner each need to take alone to reconnect with your core selves in order to reform and renew your bond.

Then Comes Marriage

So what about that bond? Often when we get stuck on the stage of separation, unable to truly see ourselves, we begin to resent our partner, feeling like they aren't living up to our expectations are that they aren't seeing us for who we really are, forgetting that they aren't psychic! If we don't know ourselves well enough to communicate about who we are, how can we expect anyone else to know these things about us? We forget about our partnership and instead wallow in our own selfishness and hypocrisy, alternative feeling anger and guilt toward our lover⁴.

We are so often tricked into the idea that since marriage is forever, that means that we both must stay the same forever. If that were true, though, what would be the point? Didn't you join in marriage with your wife so that the two of you could grow together, change and develop and become even better over the years? What has been stopping you up to this point? What is your marriage now, compared to how you wish it could be, or what you dreamt it would be on your wedding day?

What Happens After the Baby Carriage?

The authors of *The Alchemy of Ecstasy* state that "the alchemy of love produces the ecstasy of liberation"⁴. Having felt trapped in my own failing relationship, backed into a corner by a marriage rife with bad sex and lacking any kind of true intimacy, I know exactly how it feels to crave this kind of liberation. Don't you? I think perhaps at one time or another we all feel this way, babies or no.

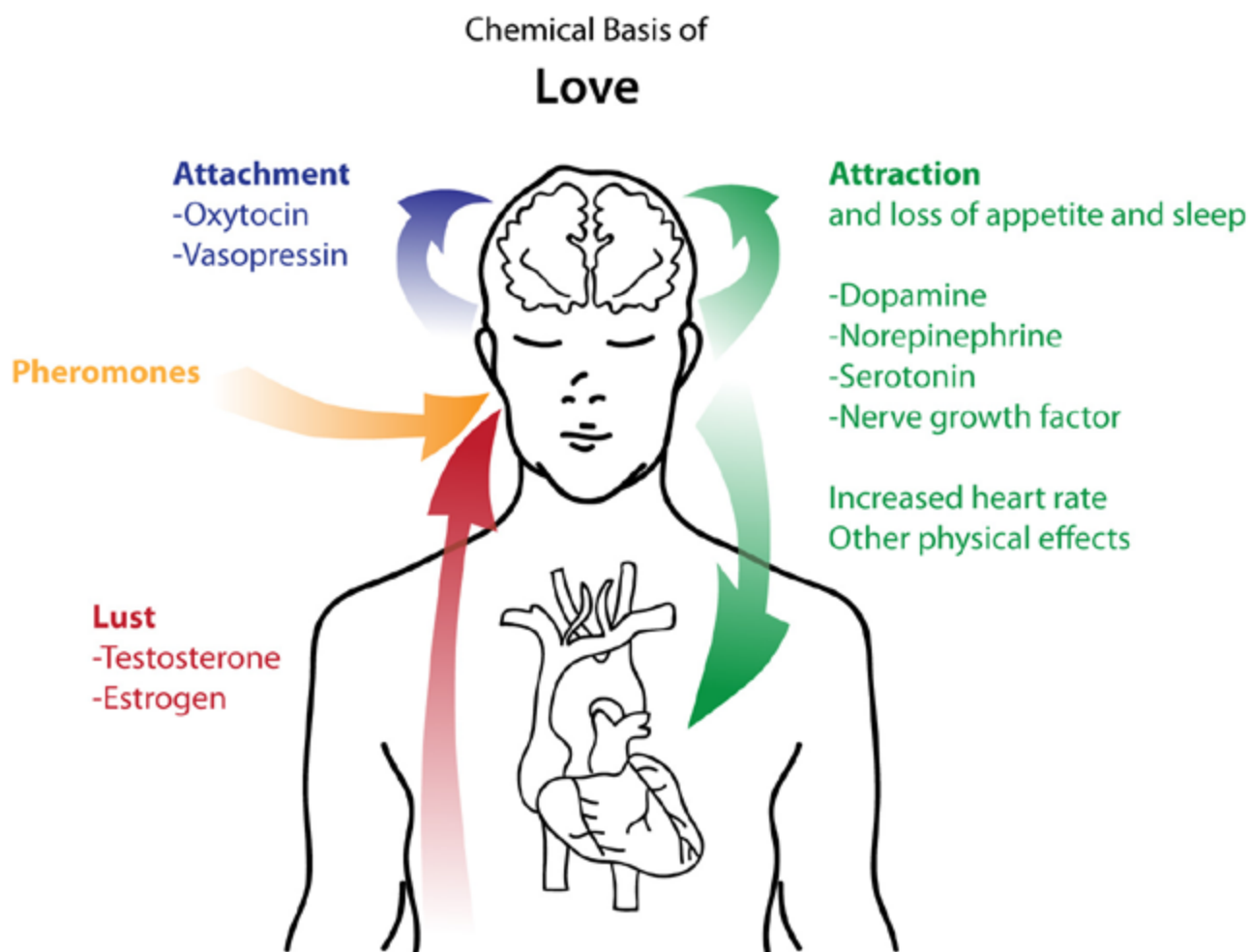
You don't have to have children to understand that as time goes on, that first spark of love and that great commitment to a life together begins to fade. When we haven't been taught about the magic of great love, we get lost in the mechanics of it all, bored with the



mundane and stuck in our routines. Alchemy teaches us that our routines do not have to define us, certainly not for the rest of our lives! Marriage isn't a life sentence; it is a life partnership and a journey of joy and exploration. You can change yourself. You can change each other and your relationship to be what you both need and desire. All you need is the first spark of inspiration, the catalyst.

Chemistry: what's love got to do with it?

Cynics often claim that they don't believe in love, because it's "just" a chemical reaction. That always seemed like a bit of a cop-out to me, don't you think? We are physical creatures, and everything about our bodies has something to do with chemistry, even the most transcendent and unexplained experiences. Love in particular is a complicated process that can at least in part be understood through knowledge of our own physical chemistry. And the first step to taking advantage of these sexy chemicals is to understand how they work!



Lust

I am confident that we are both familiar with these kinds of feelings. The most temporary of the three types of chemical love, lust is based on the presence of the sex hormones, estrogen and testosterone, present in varying levels in both men and women. These are the hormones that drive us to seek out mates, that make women wet at certain times in the month or under certain conditions, that make a man's head turn at the sight of a pretty woman walking down the street, that get us out and dancing like fools to a bump-and-grind rhythm. Lust rarely lasts more than a few months, and usually only a few weeks, as the driving force which leads us to begin forming pair bonds⁵.

Attraction

When the initial sex-hormone drive of lust begins to dissipate, a relationship will only continue if an attraction has started to form. Attraction is based in an entirely different set of chemicals, namely pheromones, dopamine, norepinephrine and serotonin. This stage of love is characterized by something known as New Relationship Energy (NRE), the excitement of new love that comes about due to the amphetamine-like effects that these chemicals have on the brain. Can't eat, can't sleep, and can't sit still? Just like all the rest, that kind of love is thanks to chemicals⁵.

Chemical NRE can't last forever, not without a little help, though it does last longer than lust. In fact NRE can last up to three years⁵ and is often the driving force behind marriage and long-term commitment. So what happens to a couple when they get married before these chemicals wear off? What do you do when that love-will-keep-us-together feeling starts to fade?

Attachment



Long-term relationships have been harder to explain than short-term lust and attraction, but scientists are now discovering a link between the chemicals oxytocin and vasopressin as they relate to the pair-bonding experience. Unlike those involved in lust and attraction, these chemicals don't just begin production because you happen to be in a relationship. Nearly all couples need to work hard at maintaining levels of these feel-good hormones!

It can be a downward spiraling cycle once you're stuck in the middle of it; see, the best way to produce these sex hormones is with – you guessed it

– sex! Cuddling, romance, stroking, foreplay and straight-up sexual intercourse all increase the levels of these bonding hormones in the brain. The problem, of course, is that the less sex you have, the less you are chemically driven to have sex!⁵ What a bummer, right?

Many couples forget to take advantage of their first few years of marriage, the perfect time to abandon any kind of sexual routine and really learn how your bodies fit together. So if you've made it to the attachment stage and the hormonal ties-that-bind are (or have been for a long time now) starting to wear thin, don't abandon all hope. Let's take a quick look at the physics of sex, so we understand a little better what we're getting into here before taking the big leap into the book of tantra.

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Physics: a force of nature

We can talk about emotions and brains and spirituality until the end of the earth, but when it comes right down to it, sex is a very physical thing. The forces that drive us to stay in relationships are real and tangible, even when they exist solely in our psychology, because they exist in the space between, and because without a partner, none of it really matters, does it?

Psyche & Eros

In Greek mythology, Psyche was a beautiful princess; so beautiful in fact that while she was worshipped by men and woman alike, from far and wide, not one felt worthy of being her partner in life. Women often feel put up on a pedestal by men and while this might be flattering at first, it is ultimately unfulfilling. Psyche, like most mythological figures, ends up in a bit of a conundrum thanks to Aphrodite, the Goddess of Love, and her son Eros (better known by most as Cupid).

Eros, deeply in love with the young Psyche, takes her away to a special place pretending to be some hideous demon who she must marry as punishment for being too beautiful for earthly men. Eros hides from her his true identity, just like so many men who are afraid to show their true face to their lovers. When she disobeys him and looks upon him while he sleeps, she is devastated and ends up thrown into the thick of a series of increasing challenges, marked by riddles and what seem like impossible tasks. She even faces death to prove her devotion, and in doing so succeeds, winning back her love and being one of the very few humans in myth to be granted the gift of immortality.

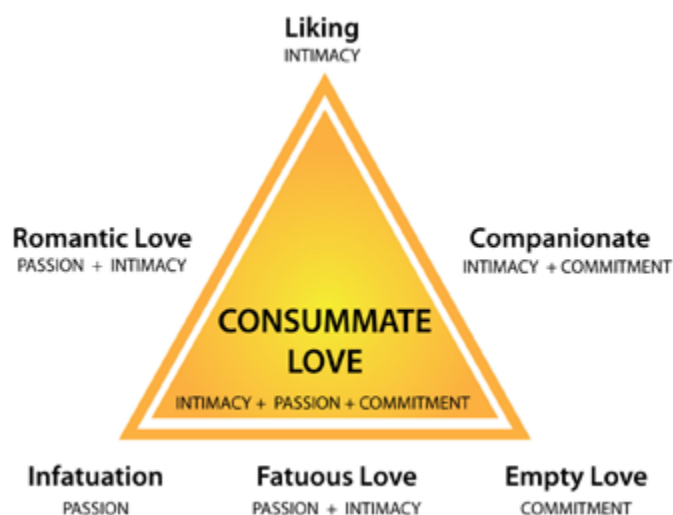
Don't we all sometimes feel as if our relationship has become a series of trials and errors, never-ending riddles and ridiculous feats? Sometimes, the only way to understand the true nature of the one we love is to look inside and find our own divinity.

A Love Triangle: intimacy, passion and commitment

I can assume because you are here, ready to do whatever it takes to improve your relationship, that you have commitment down pat – if not, if this is all just lip service, you need to make a commitment right now. Is your relationship worth some hard work? Does your lover deserve all of you, everything you can give? Good, now keep reading.

What about intimacy and passion? A marriage based solely on commitment is what's known as "Empty Love". Are you missing intimacy and experiencing "Fatuious Love", or is it the passion that has gone out of your marriage, resulting in "Companionate Love"?⁶ Perhaps you have neither intimacy, nor passion and both must be restored.

When all three exist in some form of balance, you have reached "Consummate Love", the ideal love which results in a perfect couple. Be aware though that this kind of love may be even harder to maintain than it is to achieve⁶ - many couples choose therapy or temporary techniques to try and reach this stage after the lust and attraction has faded from their marriage. Unfortunately, if you cannot find sustainable ways to keep the intimacy and passion alive, consummate love will once again fade.



Rhythm & Motion

It may feel like keeping a relationship alive requires some kind of perpetual motion and it's true that spending too much time resting on your laurels will probably result in some kind of backtracking. It can be exhausting trying to keep up with your needs and those of your partner if all your attempts at passion and romance are shots in the dark. So why spend weeks or months trying to figure out which newfangled technique is going to put the spark back in your marriage when you can just as easily turn to sage experts to show you the way?

I've done all the work for you, blazing my way out into the world of sexual technique and relationship counseling, and you know what I've discovered? People have been struggling with these very same issues since the dawn of mankind. Rather than dismissing tantra as an out-of-date system from a land far away, think about it this way – wouldn't you rather take relationship advice from those who have been working away at keeping love alive for thousands of years, than stumbling around in the dark looking for the right answer?

Well then, let's get to it!

If It Feels Good...

... do it! That's how the saying goes, anyway. Just as our bodies are prone to forgetting the pain of things that are beneficial to us (like, say, childbirth!) we often find ourselves forgetting the pleasure of things that become difficult to achieve. We need constant reminders in our day-to-day lives that we have a partner ready and available to help us feel good, whenever we need a little boost. The very best thing about intimacy and passion is how they make us feel on a very basic, sensory level⁷.

There are literally thousands of books available out there to teach you technique. I have written many of them myself, teaching all about foreplay, sexual positions and specialized techniques for all different kinds of play. What none of these books can describe is exactly the essence of our current topic. Tantra is all about devotion. Sometimes all a couple needs is a little nudge in the right direction, a few tips here or there about making the right moves... but what is really important to keeping your relationship feeling good is the daily practice that comes from a true and honest devotion not only to your partner, but to yourself and the longevity of your marriage.

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Chapter

02

Tantra, Tantriks and Tantrikas



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Whether your only interest in tantra is as a last resort remedy for a failing relationship or a true desire to find the divine in your love, we all have to start somewhere. You might be eager to jump in head first, but it's important you understand exactly what you're getting into here. Before we dig into the heart of tantric practice, let's take some time to explore the basics – where tantra comes from, the benefits of regular practice, what you need to prepare and the promises you'll need to make to both yourself and your partner in order to get the very most out of it.

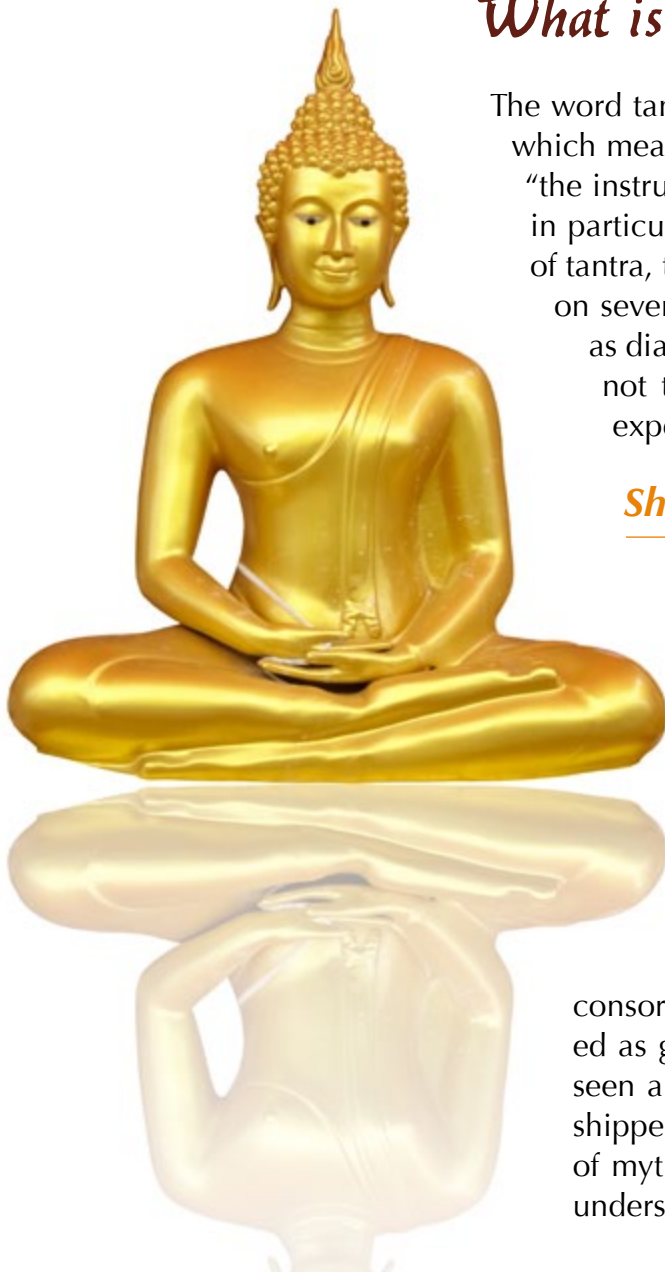
What is Tantra?

The word tantra is a conglomeration of two Sanskrit words – tan which means “to extend” or “to expand”, and tra which means “the instrument”. Thus tantra is “the instrument of expansion”, in particular as it relates to love and consciousness. The yoga of tantra, the rituals, meditations and other practices are based on several books written more than 2000 years ago in India as dialogues between two major deities, Shiva and Shakti,⁸ not to mention generations worth of oral tradition and experimentation.

Shiva & Shakti

The Hindu god Shiva is considered “the penetrating power of focused energy”, the active driving force behind every sexual act, the ultimate creator. His goddess mate Shakti (which actually just means “goddess”) is often referred to as “the power of tantra” and represents the essence of the creative force, the potential of feminine fertility⁸.

So what do these ancient Indian deities have to do with you? Using the mythology of these divine consorts, we are reminded that each of us should be treated as god or goddess, as divine beings who deserve to be seen and loved wholly as we are, to worship and be worshipped in safe and sacred space¹. In fact there are dozens of mythologies from around the world that can help us to understand this inherent divinity, but we'll get to those later.



So what of this mythology? Shiva, from the Sanskrit word meaning “the auspicious one”, is often named The Destroyer from the Hindu god trinity (creation, preservation, death) where he takes on the form of a virile young man, capable of transforming realities⁹. Shakti, from the Sanskrit word shak, “to be able”, is a goddess of empowerment. She breathes life into that which is lacking and manifests primordial creative energy into being¹⁰. Who better to embody when you need to make major changes to your love life?

Yin & Yang



In literal terms, the word Yang means “tractor”, and Yin “lake”. These terms can be seen as metaphors for the opposite energies that make up the universe, in particular the masculine and feminine sexual energies respectively¹¹. This may seem to perpetuate the stereotypes of what men and women are supposed to be, but it is important to remember that these forces both exist inside all of us. Often men have more yin energy, and yang energy tends to be more predominant in women, but that is not a hard and fast rule.

Yang energy is quick to excite and quick to release. Yin energy is slow to ignite and smolders gently for a long time, building to an explosion that can overpower yang energy in an instant!

The tractor may be strong and moveable, but in the lake it is easily overpowered and becomes stuck, mired in the mud. In order to make sex flow harmoniously and ensure female pleasure, you must learn to harness your masculine energy, holding it in check until she is ready for you to bring her to ecstatic heights, you following along for the ride and allowing her to take you on an incredible ecstatic journey¹².

Yoni & Yab Yum

The connection between the sexual and the spiritual becomes obvious when we consider the language of tantra. First the sexual organs are referred to as the yoni and the lingam. The word yoni describes the female genitalia and translates as “sacred space”, and the male genitalia is called the lingam and means “shaft of light”⁸.

In their ideal union, the Yab Yum describes the quintessential sexual position used in tantric practice. Literally translated from Tibetan, this term means “father-mother” and describes the way that the Father God and Mother Goddess bring the universe into being through their sexual union. It represents the joining of opposites, the mixing of the yin and the yang to form something whole and full of promise.

Tantriks & Tantrikas: the rules of ten

20

A tantrik (or the feminine tantrika) is someone who has mastered both the spiritual and physical techniques of tantra. If you aren't yet convinced that tantra is the path to take toward relationship harmony, let's explore the benefits and requirements to make the most of your tantric practice.

The Perks

If you are going to devote your time and energy to anything, there needs to be some kind of pay-off for all your hard work right? What do you think of these ten tantric benefits?

- 1 Expand: your mind, your beliefs, your consciousness
- 2 Rejuvenate: your youth, your livelihood, your health
- 3 Empower: your wife's self-esteem, your own self-esteem
- 4 Satisfy: your sex drive, your love, your soul connection
- 5 Alleviate: your anxiety, your depression, your fatigue
- 6 Elevate: your mood, your spiritual connection
- 7 Prolong: your lovemaking, your pleasure, your relationship
- 8 Heal: your emotional wounds, your past traumas, your relationship problems
- 9 Deepen: your connection, your life's meaning, your relationship
- 10 Change: your life, your relationship, your world

The Preparations

This little test is a good way to determine if you are ready to take the next step and make the ten pledges to tantric mastery. If you are able to answer "Yes" to at least five of these questions, you are ready to start taking the next steps.

- 1 Are you ready for meaningful change to your sex life?
- 2 Do you believe in the power of breath to change your conscious experience?
- 3 Are you ready to believe in your ability to achieve multiple orgasms?
- 4 Are you prepared to be flexible in your gender roles?
- 5 Can you feel pleasure without ejaculation?
- 6 Are you able to enjoy sex without orgasm?
- 7 Do you want your lovemaking to last longer?

- 8 Are you open to your partner becoming a new kind of lover?
- 9 Do you want your sex to be more sacred and spiritual?
- 10 Are you ready to believe in the power of sex and love to change the world?

The Pledges

There is certainly no requirement that you commit to every one of these pledges, but each one is designed to heighten your experience. These vows, from “The Complete Idiot’s Guide to Tantric Sex” will help you take the next step through a peaceful tantric transition.

- 1 I pledge to explore the divinity within myself.
- 2 I pledge to honor the god and goddesses divinities in others.
- 3 I pledge to explore my sensuality and sexuality as a way to rejuvenate my organs of blocked emotions.
- 4 I pledge to balance my inner being, my relationships, and my environment.
- 5 I pledge to apply my balance and bliss for the good of the rest of the world.
- 6 I pledge to discover my sensuality for harmonious relationships.
- 7 I pledge to remove emotional obstacles from my past or present, to free me to express my inner being and joy.
- 8 I pledge to connect with my inner child for joy.
- 9 I pledge to be both a healer and a lover for my partner and myself.
- 10 I pledge to use my sexual energy wisely and judiciously for increased self-confidence, gentleness, power, pleasure, harmony, and freedom for myself, my beloveds, and others in this world.

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Chapter

03

*The Seven Steps to Spectacular
Sex*



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antric philosophy can easily be broken down into seven categories of thought and practice based on the chakras which define the types of living energy we can each experience. Each chakra is associated with a part of the body (generally in a continuous line along the spine), a color, a spiritual ideal and an aspect of relationship¹³. The steady flow of these energies keeps us healthy, whereas stagnation causes problems in all aspects of our lives.

The chakras are the circuit through which the life force flows, and like any electrical circuit if one node is broken or malfunctioning, the whole circuit will cease to function.¹⁴ Before we delve into specific techniques for exploring these energies and keeping each node functioning and healthy, let's first take a few minutes to understand the nature of these seven sacred spots as they relate to one another and the universe.

The Purple Crown

Starting at the highest or seventh chakra and working our way down, we can begin to understand the spiritual perspective that we are trying to bring into your life and move it into the practical realms of love and sex. Located on the crown or just above the top of the head, this chakra is thought to be the physical body's connection to the rest of the universe.¹³



Spirituality

In the realm of spirituality, "All are One and One is All"¹⁴. Imagine a place where physical form no longer exists. In a real way, science is just beginning to catch up to the idea that all things are connected. That perceived gap in space between your lover and yourself is full of potential energy. This is the place that represents the highest achievement of sexual ecstasy, a place of true and complete union.

The Soul

Do you believe in the soul, something eternal and everlasting that outlasts your physical body? It can be a hard concept to grasp, especially for those who don't ascribe to a particular religious belief system.

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Think for a moment about the law of conservation of energy – that no matter or energy can be created or destroyed, only transmuted and transformed. When you look in the mirror, do you recognize that there is something in you beyond flesh and bone? Certainly, if that was all there was to it, a dead man would be just as useful as a living one, wouldn't he?

Transformation is the only real process of existence. When you were born, your mother's body transformed her own life force and the DNA she shared with your father to bring new life into the world... but what happens to that life force when you are gone? Whether you believe in the afterlife, reincarnation, or simply that your soul disperses and becomes something entirely new (or many entirely new things!), in order to harness the energy of tantric practice it is important to recognize that spark of consciousness that makes us each individual and yet somehow binds us all together.

In order to harness the energy of tantric practice it is important to recognize that spark of consciousness that makes us each individual and yet somehow binds us all together.

The Indigo Eye

The sixth chakra, often called the "third eye" is the first differentiation after great unity, the recognition of individuality and the experience of being One or the Other. It is from this place that you can look into the eyes of your lover and see her divinity¹⁴.

Intuition

Your third eye is associated with intuition, your ability to look in your lover's eyes and know what she is thinking, that knack for knowing what she wants when she wants it, the sense of synchronicity that comes when things seem to fall into place and go just the right way. This kind of vision or "second sight" isn't magic but a function of super-consciousness, the drawing down of the interconnectedness experienced from the chakra above.

The Mind

I know that you're a smart man – you're here, aren't you? – but it's important to remember that sometimes using your mind isn't about analysis and rationale. Sometimes using your mind properly means knowing when to stop over-thinking and focus, when to turn on, tune in and drop out of the reality that tells you magic isn't real. The definition of magic, according to modern practitioners, is the art and science of changing consciousness at will¹⁵. Both consciousness and will are aspects of the mind. Ultimately, the way to make your love life the kind of life you want is to change your mind.

The Blue Voice

The fifth chakra is associated with the throat, the voice box and all forms of communication, whether it is speaking, writing or body language. It is the center of peace and the first realm in which personal qualities begin to really differentiate themselves. Sure, we are all unique in mind, but can anyone else really know that without communication? It is in our ability to share with one another that our individuality begins to shine.

Communication

No one will deny that communication is absolutely vital to a long-lasting relationship. If you and your wife are not able to understand each other's needs and desires, then how can you ever be expected to fulfill them? Communication is perhaps the hardest step for people because it bridges the gap between brain and heart, tries to fill in the spaces between what we think and what we feel. Often these thoughts and feelings just don't match up, so we are caught trying to discuss with someone else that which we can't completely understand ourselves.

The Community

Communication isn't just important in a marriage. No two people can exist solely for each other. If we don't take the chance to reach out and enjoy the company of friends and family, isolation sets in, even if we are in the company of our most beloved. Community is important especially for those times when our mind and our heart don't seem to agree, having a shoulder to cry on and a kind ear to hear our concerns. If your lover is the only person you have to talk to about your desires and your problems that can be a heavy burden to carry... especially when your problems are with your lover! Open up your life to friends who will be there for you when you need them.



The Green Chest

The fourth and middle chakra is the tie that binds, that which holds the cerebral to the physical, ties the human consciousness to the animal body. The heart and our ability to love makes everything else worthwhile, doesn't it? This emotional center is where sex really begins. It is the seat of our passions and desires, our hopes and dreams, our aches and pains¹⁴.

Love

As much as we understand love to be by a physical thing, based in the connection between the body and the mind, it too is a spiritual thing. The passion that the God and Goddess hold for each other, the unique energy that brings new life into creation infinitely is powered by this chakra, vibrant green like the verdant forests and hot jungles which proliferate endlessly. What does love mean to you? More importantly, what does love mean to your partner?

The Heart

Associated for centuries with emotion and life force, the heart has been seen as the core of human consciousness for ages, surpassing the brain as that which defines a man. Even Christians recognize the heart as the place of devotion in the matching Sacred Heart of Christ and Immaculate Heart of Mary. The classic symbol of attachment and intimacy, the heart presents the pathway to self-knowledge and physical understanding.

The Yellow Belly

Cowardice isn't called "Yellow Belly" for nothing! The third chakra is located in the solar plexus and just as your astrological sun sign is meant to tell your personality, this golden yellow chakra center is associated with individuality, with the mask you wear for the world and the face you show on a regular basis. This is your center of gravity and the location of your personal energy¹³. Your diaphragm which controls breathing and oxygenation, along with the entire digestive process take place in this region, giving you the energy you need to stay upright and moving toward your goals!

Personality

Who you are in the wide world is ultimately defined by what you do, and that is at the heart of this chakra... action. You can think all the lovely, romantic thoughts you want about your lover, you can dream and fantasize about your love, feel all the heartfelt emotions in the world, but unless you act on these thoughts and feelings, she will never truly know how important she is to you!

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The Sun

Leonard Cohen may have said it best in his classic track, Anthem: “There is a crack in everything... that’s how the light gets in”¹⁶. Where are the cracks in your relationship? Think of each of these problems or struggles as the means to illuminate your path. Instead of stumbling blindly in the dark, waiting for love to get better, each of these small breaks can provide you with the insight you need to make changes in your own personality, to reflect on your thoughts and feelings in such a way that allows you to make a difference in your life and the life of your lover.

If we have all our physical needs met but are unable to physical actualize as sexual adults, it will be impossible for us to store and move the energy upward for healing and transformation.

The Orange Organs

Moving down once more to the second chakra, we start to get into our more animal instincts, most prominently sex. Just as the word “orange” doesn’t rhyme with any other word in the English language, so sex is a unique and isolated drive. This is often the spot where people experience a “break” in their natural inclinations, feeling as if their human nature keeps them from fully experiencing their base sexual desires and satiating their needs. It is especially associated with the internal reproductive organs, so you may need to do a bit of imagining when it comes to understanding this inherently feminine energy.



Sex

The ancients recognized that sex was not seated in one chakra, but is the doorway for activating them all. Providing that your baser needs are met (we’ll talk about those next), sex is always the next thing on the agenda. Being human, however, means that for sex to be special and enjoyable, we need to be healthy in all the other realms of energy. The second chakra is the conduit for our physical energies to be transformed and reach the “storage tank” of the solar plexus. If we have all our physical needs met but are unable to physical actualize as sexual adults, it will be impossible for us to store and move the energy upward for healing and transformation.

This is not to say that one must be having active sex with a partner! In fact, sexual actualization is something that we will ideally come to before we find our life partner. Unfortunately, in this day and age few of us have that option. Very few people in the world today are given a proper sexual education – not just learning about the parts of the body and mechanics of Tab A into Slot B sex, but a true understanding of what sex means and how to make it work¹⁷.

The Sacrum

The word sacrum (also known as the sacral region) comes directly from the Latin word for sacred. This triangular set of bones between the hips near the base of the spine houses and protects the reproductive organs and is the home base of fertility and creative energy. It is one of the specific areas of the human body that is gender dimorphic, meaning it is particularly different in men than it is in women, giving us another reason to associate it with gender identity. We are going to spend a great deal of time discussing sexual energy and practices to help heal and energize this part of the body, but first let's get to the very root of the issue.

The Red Root

The very first chakra is known as the root, the energy that connects us directly to the earth and our physical, animal nature. Associated with the external reproductive organs, root energy has a decidedly masculine feel to it, hot and fiery even when it lies in rest at the base of the spine. The root is the home of the Kundalini, often pictured as a snake which, when dormant, lies resting curled around the base of the spine. The root can also be associated with anal sex and the process of elimination, sending all that which we no longer need back to the earth to be reclaimed.

Safety

The instinct and drive associated with the root chakra is safety. Not really about the mental concept of trust, but especially associated with our base drives, the root chakra is that which ensures we are adequately provided for with water, food and shelter. Couples who fight about money are struggling with this energy.

The Foundation

When my husband and I first started making changes in our relationship, the number one rule was that we would never fight about money again. We came to the realization that we could be safe and happy in each other's arms and that even if things became so bad that we struggled just to feed ourselves, we would survive because we had each other. We have been blessed to never have to feel that fear, but somehow having that knowledge of safety and security made fights about money seem silly and inconsequential to the big picture.

This chakra is often the root of a woman's jealousy as well, especially if your wife is financially

dependent on you, and even more so if you have children. A recent study showed an interesting trend based on these ideas. Both men and women were more likely to cheat in a relationship where the wife earned more money than her husband. In fact, “house husbands” who were completely dependent on their wives were five times more likely to cheat than partners who earn the same amount¹⁸!

Creating a secure foundation for your relationship is about setting expectations and ensuring safe space in which to explore all the other chakras. While it is the first step to implementation, it is going to be the last set of activities we visit, as we draw down the spiritual aspects of tantra into your real world sex life. So, are you ready to embark on this incredible journey?

Let's get started then!

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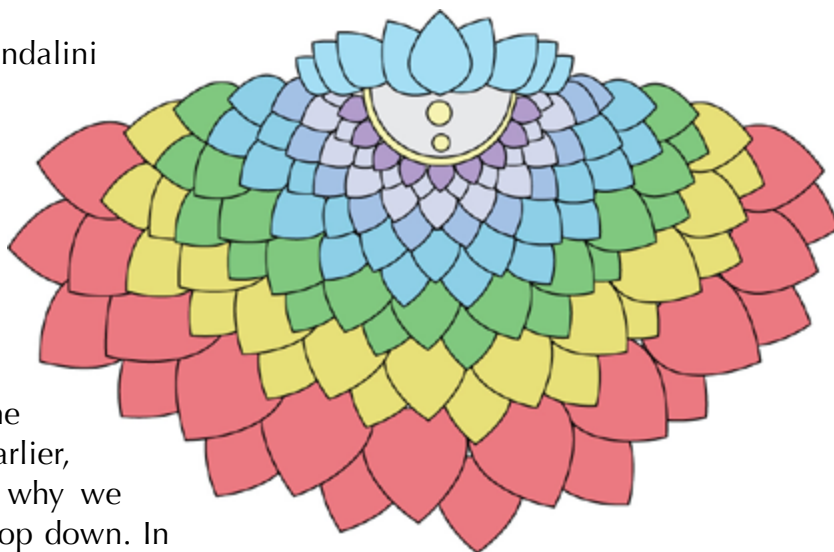
Spirituality & the Soul





hakra: Sahasrara
Location: crown of the head
Instinct: god-hunger
Power: transcendence

Often when you hear about Kundalini energy or the connection between the chakras, it is described as a rising experience, moving upward from the base to the crown. During the sexual act, this is how energy tends to move, but it is not a one way street. In fact, it is often suggested that all six other chakras emanate from this one. The upper chakras, as we discussed earlier, are incredibly personal, which is why we are going to be working from the top down. In order to fully actualize in your partnership, it is incredibly important to begin with the “inner path”, the work towards understanding your own personal relationship with divinity, with energy and with your own sexual self.



Sahasrara: the god-hunger

Seen as the most supreme need of the human body, that which makes us truly and entirely human, god-hunger is that drive that makes us seek out that which can't be seen, search for explanations to things that have no readily available explanation, understand the meaning of life and the origins of the universe¹⁹. Since the dawn of time, humans have sought to know those things which we simply cannot know for sure.

What is God?

Even the atheist only rejects the idea of god because it is impossible to prove, so use this as an exercise in imagination. Pretend, just for a moment, that you could imagine what the perfect divine energy would be like. How do you see god in your mind's eye? Don't let your perception be tainted by ideas about god that you have already rejected.

I once read an analogy that likened the divine to a diamond, one with many facets. Because we are human and can only "see" in one direction at a time, most of us are only ever presented with one (or a select few) faces of this god. Each one is only a small part of the whole, alike in almost every way, but reflecting that which we already know and can see in ourselves. God is ultimately an incredibly personal concept. What we believe that divine energy to be doesn't take away from what another person might believe, and their ideas don't take away from yours.

Spend some time musing on your idea of the divine. If you want some inspiration, try checking out a children's world religion book from the library, or reading some of the books available online at sites like SacredTexts.org just to get an idea of the extreme number of incarnations and inspirations that others across time and space have experienced. Take your time and don't get locked on. Your ideas and conceptions are sure to change as you do. That is the beauty of the "diamond model". As you change, so does your reflection, growing deeper and more complex. And that is how it should be.

This is Your Brain on God

Several recent studies by top Universities have been delving into the mysteries of spiritual experience, attempting to identify just what goes on in our brains when we pray, meditate or muse on the divine. Some interesting discoveries have been made!

For instance, while it seems obvious that during intense meditation and prayer, the frontal lobes of the brain – those associated with concentration and focus – would be heavily employed, scientists have been surprised to find that in addition to this increase in activity, a marked decrease of activity is seen in the parietal lobes of the brain²⁰. This center is associated with our intake of sensory input and our ability to place ourselves as an individual in the world. Regular prayer and meditation effectively turns off this center of our brain, allowing the feeling of oneness with the universe and the bleeding of boundaries between I and The Other that is so often described as the quintessential transcendent experience²¹.

Transcendence

So what is this thing called transcendence exactly? From the Latin, "to climb above or beyond", the word suggest surmounting some obstacle or gaining a vantage point higher than normal consciousness. The word suggest a state of consciousness that allows us to see the world for what it really is, getting us as close to the "eye of god" as any human can. Authors of the book *Why God*

*Won't Go Away: Brain Science and the Biology of Belief*² have a bit more to say on the subject:

"We believe... that the neurological machinery of transcendence may have arisen from the neural circuitry that evolved for mating and sexual experience. The language of mysticism hints at this connection: Mystics of all times and cultures have used the same expressive terms to describe their ineffable experiences: bliss, rapture, ecstasy, and exaltation. They speak of losing themselves in a sublime sense of union, of melting into elation, and of the total satisfaction of desires.

We believe it is no coincidence that this is also the language of sexual pleasure. Nor is it surprising, because the very neurological structures and pathways involved in transcendent experiences – including the arousal, quiescent, and limbic systems – evolved primarily to link sexual climax to the powerful sensations of orgasm."

The Hype About Nirvana

Have you ever heard the saying "Can't see for forest for the trees"? The word *nirvana* is like an ancient version of this aphorism; *nir* means "no" or "without", plus *vana* which can be translated many ways, one of which is "forest" or "trees". Other translations for *vana* include the words love, desire and possession.

When you *transcend* to a place of *nirvana*, you reach a state where you can see the forest, despite the trees. In other words, you are given the opportunity to see the truth, to see life for what it really is in the grand scheme of things. While this experience is often described as extreme bliss, someone who is not prepared for this experience can become frightened and even disillusioned with life.

So what does that feel like, exactly? According to Easton & Hardy, authors of *Radical Ecstasy*¹³, we experience many of the signs and symptoms every day: altered sense of time (time flies when you're having fun!), moments of crystal clarity and moments of drifting consciousness, loss of boundaries. All of our experiences that resemble transcendence have two things in common – presence and acceptance. Be here now, and be okay with that.



Your Happy Place

Coming to a place of peace in transcendence can take time and effort. Regular practice with meditation is important, and one of the best ways to create safe space for meditation and prayer is to imagine your “happy place”.

Start with a stairway (or an elevator, or a flying carpet or a fluffy cloud... you get the picture!) and picture yourself standing at the top of a long, winding drop. Don't look too far down and don't be afraid. Breathe deeply and begin to descend, slowly at first. Once you have an understanding of the chakras, you may wish to imagine the environment changing color as you go down further, from the purple crown all the way down to the red root... but this is not necessary. Simply breathe deeply and feel yourself going deep inside yourself, deep into your inner mind.

Eventually, you will come to the bottom. In your mind's eye, imagine a doorway. How does the door look? Does it have any symbols or identifying marks on it? How will you remember this door the next time you arrive? Does it have a lock on it? More importantly, if it is locked, do you have the key?

When you are ready – and it may take a few tries – open the door and walk inside to your happy place, your place of peace. This place can be anything your imagination desires, but you should try to find a spot inside that is quiet, tranquil, and peaceful; a sunny valley, a shady forest, a babbling brook, a snowy mountain, a dark cave, a still pool. What kind of environment gives you peace and relaxation?

Stay in this place as long as you are comfortable. When you are ready you will find the door again nearby. Exit and be sure to close the door behind you, and then slowly begin your ascent back to waking reality. Take your time coming back and enjoy the sensations as they come to you. When you first begin, you may only be able to meditate for a few minutes at a time. Don't fret! With practice, you will be able to extend your practice so that you have the time to muse on some of the issues we are about to discuss. Also, don't worry if your happy place changes over time, but do pay attention. Does it change with the seasons, or with your moods? Do you meet any animals or other living creatures here? Do you desire to speak with them? Take the time to learn and listen, but remember to take every message with a grain of salt – your brain may have lots of interesting ideas floating around, but not every single one of them should be acted upon as if it's scripture. Think of this time as a chance to examine your life “from above” and enjoy the new vantage point.

Regular practice with meditation is important, and one of the best ways to create safe space for meditation and prayer is to imagine your “happy place”.

Losing the Illusions

It is normal, once you have become accustomed to the act of meditating on your own neutral ground, that you will begin to have new insights and understandings about your life, your thoughts, your feelings and your actions. If there is one thing we know about human perception, it is that it is completely fallible. Eye witness accounts are the least reliable kind of evidence²³.

Next time you are meditating, take some time to consider the things that you believe, the things you think you know about your relationship, about god, about the universe and the world you live in. Do any of these beliefs or convictions feel strange or different in your place of peace? Can you perceive any of these thoughts or feelings as illusion?

Maya, the Girl Behind the Veil

In Hindu mythology, illusion is personified in deity, a young maiden known as Maya (literally, “not that”) who is in control of the veil, weaver of the web of life, she who “manifests, perpetuates and governs the illusion and dream of duality in the phenomenal Universe”²⁴.



In our place of peace, Maya may appear as a young maiden, or a place that is hidden by some kind of veil. As you wonder on the situation of your relationship, try to imagine those feels lifting. Ask yourself, “What do I think about this situation – what exactly is happening?” Let the veil lift slightly so you may see. Then ask yourself, “How do I feel about this situation?” and allow yourself to see more clearly. Finally ask yourself, “What do I need in this situation?” and see yourself and the world in its true form²⁵.

It can be easy to get caught up in Maya’s web, her illusion, to follow others along instead of coming to terms with your own truth. It can be incredibly difficult to examine things objectively, to look at facts with your heart and your soul to understand how they fit into your worldview. This is especially difficult when the things that are presented to us as facts are mostly media hype.

Nothing is True, Everything is Permitted

Author and modern philosopher Robert Anton Wilson is famous for perpetuating this line attributed to the final words of Hassan-i Sabbah, master of the ancient Order of Assassins²⁶. Scholars and philosophers worldwide have struggled to decipher this perfect axiom.

Think about it this way: if Maya’s lesson is that dichotomy is illusion, doesn’t that mean that the opposites of “reality” and “illusion” are themselves illusions? I’ll give you a few minutes to muse on that one.

Telling the Truth

If truth is completely personal, entirely subjective, than what becomes of morality? How can we ever know if we are being honest?

True, False or Meaningless?

R.A. Wilson is also famous for extensively quoting a notion from the Principia Discordia²⁷ that “All things are true in some sense, false in some sense, and meaningless in some sense”. While tantriks believe that we are all connected, all one, we still have to live our lives in unique physical bodies and minds. This means that at any given time, our personal truth can be different from someone else’s. Sure there are laws of physics and thermodynamics, things that define the universe in which we exist, but when it comes to more abstract ideals there are no hard and fast rules.

Meditate on Mindfulness

Before you can start discussing your beliefs about your relationship, what you want, what you need and how it should work, you need to take some time to come to terms with your own personal morality. This is called mindfulness and can be achieved easily through dedicated meditation in two simple steps.

First, cultivate the ability to let go of thoughts and observations as they come to you. When you are sitting comfortably and meditating in your peaceful place, try to stop your thought process as soon as you realize that you are thinking about something... anything. By learning through practice to recognize thoughts as they come, we are able to intercept our reactionary nature and learn to observe our thoughts and words as they happen.

When you have practiced this technique and feel comfortable stopping yourself mid-thought, you have developed the kind of mindfulness necessary for meaningful self-analysis. As you are speaking, allow the observer in you to begin to interrupt. Sometimes we say things that are exaggerations or are otherwise untrue before we realize we are saying them. Mindfulness allows us to realize what's happen and gives us the courage to stop ourselves and correct. Using hyperbole can be fine in casual conversation, but when you are trying to have a serious relationship conversation, saying things like "You are *always* _____," or "We never get to do _____," is just going to get you in trouble. Besides, no one *always* does anything, right? Learn to stop yourself when you say something like this and correct the untruth. Eventually, you should be able to teach yourself to speak honestly in all conversations and get rid of the exaggeration entirely.

The Truth, the Whole Truth and Nothing but the Truth

Teaching about compassion, the Dalai Lama told a story about a monk who was wandering through the woods when a deer pranced by him, followed very soon after by a hunter. When the hunter asked the monk which direction the deer had gone, the monk quietly pointed to a path heading in the opposite direction²⁸. Sometimes, showing compassion is more important than being totally honest... but how do you tell?

According to Dr. Offra Gerstein, being honest in a relationship has a few qualifying factors²⁹:

- If your consideration for your partner precedes your need to share your thoughts
- If you process your dreams, fantasies, behaviors and feelings first, and only share them if they serve the partnership well
- If you answer your mate's concerns- not literally, but with support and reassurance
- If you fully realize that getting something off your chest is not a valid motivation for sharing ideas – especially if they may cause your partner unnecessary pain
- If you comprehend that honesty in the relationship serves to sustain and uplift the union
- If you know that the "whole truth" in love relationships is not only about facts but is primarily about preserving your partner's dignity and the integrity of your union

In love especially, we must learn to differentiate between real facts, those things that are laws of our physical reality, and things that are merely our own feelings and perceptions. Something may be true for you, but not necessarily for your spouse. It is incredibly important to communicate with your partner, so coming to terms with your feelings and learning how to talk about them without hurting someone else requires a great deal of forethought, tact, and our next point of focus... intuition.

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Chapter
05

Intuition & the Mind





chakra: Ajna
Location: center of the forehead
Instinct: curiosity
Power: discernment

The sixth chakra is ultimately about the ability to know and to make decisions. Women love a man who can take control of a situation and make the right choice for both partners, whether that be in the bedroom or in the rest of your day-to-day life³⁰. Intuition is often thought of as a feminine trait – it's not called "women's intuition" for nothing, after all – but in order for you to make these necessary decisions, you are going to have to cultivate some of your own.



Ajna: the third eye

Ajna is that which allows us to share thoughts and ideas with others (with the help of the lower chakras, of course) and you are employing its functions anytime you imagine something in your mind's eye. The word, literally translated, means "command" and that is exactly what it allows you to do, take command of a situation by acting with forethought.

The Seat of the Soul

The sixth chakra is traditionally associated with not just the mind, but a very specific part of the brain – the pineal gland. Tibetans believe that the soul enters a fetus on the 49th day of development, the same day that the pineal gland becomes fully functioning and gender is differentiated.

This gland has been linked to the presence of a molecule in the brain known as DMT (Dimethyltryptamine)³¹, a substance also found naturally occurring in many plants, especially in the warmer climes of Central and South America where it is used by shamans and spiritual seekers in search of near-death and other life-changing mystical experiences. The ways that this chemical plays a part in birth, death and transcendence is still unknown but its notoriety is growing both in spiritual and scientific communities for its ability to completely alter consciousness and invoke strange, other-worldly experiences.

Open Your Eye

According to experts in the field there are actually five different ways that you can experience intuition – physical (including sexual), mental, emotional, environmental and spiritual³². In other words, your intuitive mind in the sixth chakra can receive input from all the other chakras. Opening your third eye means learning to pay attention to and accept input from each of these sources, because most decisions will require you to appreciate several, if not all of these types.

Physical input from the lowest two chakras, including that which you receive during sex (which can be very overwhelming), comes directly from your five major senses – sight, smell, taste, touch and sound. Paying attention to how your lover reacts, for example, can give you incredible insight into her feelings and desires without requiring her to say one word.

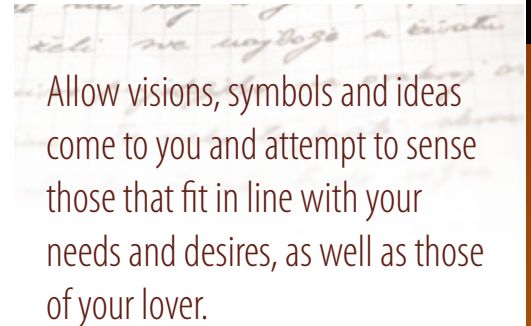
Mental input from the solar plexus involves the process of creative problem solving, being able to use the scientific method to come to rational conclusions and understandings of a situation, while emotional intuition from the heart is the ability to gauge your emotional reactions to situations for insight into how you should act. You can also get this input from the emotional reactions of others, seen in their facial expressions and other kinds of body language.

Environmental intuition comes from your community center in the throat and is a bit more abstract. It is often described as synchronicity, like reading a book for clues when it falls off the shelf as you walk by, or taking a break from work or reading your submission over again when your computer crashes just before you submit it, or running into an old friend by accident when you really need someone to talk to. Spiritual input is even more oblique and often comes to us as random, unexplained and previously unknown knowledge that just seems to “pop” into our heads at just the right time.

Look & See

So how does one go about developing each of these kinds of intuition? Since you have already begun the work with mindfulness in your place of peace, this is a great way to start moving into intuitive thinking and feeling. Start from the lower chakras and move your way up, attempting to sense any input you are receiving from each center, especially relating to any situation that concerns you or decision you need to make.

Allow visions, symbols and ideas come to you and attempt to sense those that fit in line with your needs and desires, as well as those of your lover. How do you react to these pictures in your mind’s eye? Things that allow you to feel relaxed and at ease typically represent pathways that will be beneficial, but you shouldn’t automatically dismiss that which makes you feel tense or unsure. These feelings may point to areas in your life that are blocked or need further consideration.



Allow visions, symbols and ideas come to you and attempt to sense those that fit in line with your needs and desires, as well as those of your lover.

When You Just Know

Practicing intuitive thinking and action should be a regular part of your life, regardless of your spiritual inclinations. How better to make love to the woman in your life than with the knowledge and assurance that you can give her exactly what she needs? This may take some time, some practice, and some stumbles. Don't be afraid to ask her what she's feeling as you get started – no one expects you to be psychic! The more you know about her needs, wants and desires, the more you will be able to react accordingly to her subconscious actions and suggestions.

Making the Connection

This exercise focuses especially on the heart center and is a great meditation for encouraging emotional and loving intuition. As before, begin in your place of peace. Picture your lover in your mind's eye, held in a small sphere of glowing green light in your palms. See her and love her. Now with gentleness, bring your hands to your heart and absorb her into your chest. Let her rest there. Feel her in your heart and allow her to make a nest here where she can curl up comfortably and be a part of you.



As you breathe imagine that you are breathing not from your lungs, but from your heart. Feel it expand and contract around her with each inhale and exhale. Spend several minutes focusing on this breathing exercise and your lover in the home you have made for her in your chest. After at least five minutes of meditation (or as long as you can stand, if you are still new), allow your thoughts to slowly return to your head and muse on any new thoughts or understandings you might have about your wife. Don't fret if nothing comes to you right away – you have begun the process of cultivating great love in your heart, and with this will come great understanding... with time.

Get the Picture?

This may seem a bit silly at first, but with practice you will be surprised at how powerful this exercise can be. When you and your wife have each taken the time to practice mindfulness meditations alone, you can start to practice intuition exercises like this one together.

Sit across from each other in a comfortable position and hold your hands out in front of you, palms facing your lover. Have her do the same. When you first begin, you may want to intertwine your fingers, but you should work up to doing this without touching. In this exercise you

will be taking turns, with one of you attempting to “project” an idea and the other attempting to “read” it. Don’t get discouraged if it doesn’t work at the beginning. Instead recognize this for what it is – an exercise in taking in as much intuitive information as possible from your partner and learning what it means!

First the projective partner silently chooses a shape (a square, a triangle or a circle) or a number (start by choosing a number between 1 and 5) and a color (try using one of the colors associated with the seven major chakras). Now with all the power of your mind through the power of your third eye and through your hands, project this idea to your partner.

Your lover should try to make her mind blank and allow any images to enter at will. She shouldn’t try to analyze or be concerned if the images don’t seem to make sense. Instead she should speak aloud any thoughts she has and see how close she comes. Try this five or ten times in a row, then switch roles. Practice this daily and see how your intuition improves!

Wake Up!

Often we dismiss our dreams upon waking with little to no consideration for their meaning, but even reputable psychologists understand that our dreams hold in them secrets to our subconscious³³. Remembering your dreams can be incredible difficult, so it is important to begin employing techniques to remind yourself as soon as possible. The mind appreciates ritual, so it is incredibly important to perform the same actions every night before bed and every morning before waking.

Begin by starting a dream journal. This will be used for two specific activities, once before bed and once again in the morning before waking. Keep the journal and a pen beside your bed and encourage your wife to do the same for herself. Every night before bed, take some time to consider any particular events, faces and objects that may have stood out to you in the past day or two. Write these down, along with your thoughts on what their symbolic meaning might be. Don’t think too long or hard about this. It isn’t an exercise in psychology but in personal understanding. What do these things say to you?

After you have finished considering your own symbolic language, write yourself a little note. It could be a favorite quote, a line from a poem or simply a small reminder. Tell yourself as you are going to sleep, as many times as possible, that when you read that note in the morning you will remember your dreams. You can add use a glass of water to this ritual, set beside the bed, imbued with the intention that when you drink it upon waking, you will remember. Don’t be upset if you don’t remember anything specific upon waking. When you have re-read your note, simply spend a few moments writing any words and drawing any symbols that immediately come to mind. Don’t censor yourself or analyze just yet. There will be time for this later during your daily meditation, which should take place later in the day when you are wide awake.

The mind appreciates ritual, so it is incredibly important to perform the same actions every night before bed and every morning before waking.

THE
Tantric
TOUCH

Chapter

06

Communication & the Community





chakra: Vishuddha
Location: throat
Instinct: speech
Power: communication

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In this the fifth chakra, the pure energy from the upper chakras is split and takes on the potential of either positive healing energy or negative harmful energy. Your words have the power to bring together or to divide, to form community or to break it down, to encourage the bonds of marriage or to wreak havoc on them. It is important to always remember this, especially in any sort of dealings with your lover. Use your intuition wisely so that even when you speak from your emotional center, you take the time to ensure that you are speaking with a voice that will build her and your relationship up, not tear it down.



Vishuddha: the voice

This chakra, more than any other, creates long-lasting effects on the outer world so it is incredibly important to consider what these effects might be before you speak. Your voice is the space that joins all of your emotional and mental history, the space between your heart and your memories. By focusing on keeping this chakra healthy, you are able to rise above your negative experiences to gain knowledge and wisdom. If instead you allow your past to stick in your throat, you will be doomed to repeat this pain and suffering over and over again. In this way, the fifth chakra is known as the center of purification.

Scream & Shout

Many of us have past pain and anger taking up space in our hearts and minds. You may have a tendency to allow this emotion into your voice when you are feeling upset or even when you get too excited or animated in a conversation. When you get into a heated discussion with your partner, do you interrupt or try to speak over her? Do you get too emotional and find yourself shouting when you are only trying to communicate?

If you have pain and anger in your heart, sometimes yelling and screaming may be the only way to get these emotions out. Aside from taking your time to process these emotions within your safe space, you may need an opportunity to let your voice loose; unfortunately many of us let loose

on our partners instead of finding the right time and place. So when is the right time and place to scream and shout?

There are a few great ways that you can get your aggression out – martial arts can be incredibly healing along with lots of other sports; even watching competitive sports can give you a chance to yell and make some noise. Lots of different kinds of music, especially live in concert, allow you to jump and shout until your throat is sore – sing your heart out, as they say! Whatever you do, be sure to get all of your anger and aggression out before you sit down to have a conversation with your lover, even if it means just getting a punching bag to hit or screaming your anger into a pillow.

Whatever you do, be sure to get all of your anger and aggression out before you sit down to have a conversation with your lover, even if it means just getting a punching bag to hit or screaming your anger into a pillow.

Indoor Voices

Harnessing the power of your voice is also not just about choosing your words carefully and intuitively, but being cautious of your tone as well. The volume, pitch and tempo of your speech say a great deal about what's going on in your mind and body. Certainly no one expects you to only speak to your lover when you are happy, but when you feel sad, angry or otherwise upset, you must be careful that your words don't communicate any blame.

What Did You Say?

Although seated in the small of the throat, listening is just as an important part of this chakras realm as speaking. In order to effectively communicate with your lover, you can't just spout words at her and hope for the best; you need to be able to listen clearly and work to understand what she is saying to you.

Active listening is one of the best ways to ensure quality communication between couples and is easy once you've been practicing mindfulness for a while and can get the hang of letting communication take its natural course! The ultimate purpose of active listening is focus, and there are two types which you can practice – silent active listening, and responsive active listening³⁴.

Silent active listening is a good way to begin practicing the art of listening. Bring a timer to the table and set it – try starting with just one minute and working your way up to five. Now take turns, one of you talking while the other listens intently and silently. Let your awareness be known through eye contact, nod your head when something your wife says resonates with you. You can try this for a week and get feedback from your partner along the way, to see if she feels that you understand what she is saying.

When we get to the point of listening actively with our words, you will have even more opportunity to fully understand what your wife has to say. The important thing when you are actively listening with your words is not to respond with your own ideas, opinions or advice. You can save

all these things for your turn to talk. When you are in the active listening role, the only things you want to be able to communicate are that you are in fact listening, and whether or not you understand her. Encourage her to speak by saying “yes” and “go on”, and continuing with the nodding and eye contact from the previous exercise. When you feel that she has made one point, or you are unsure about what she is saying, try repeating back to her what she has said, but in your own words. It may take you a few tries to get it!

When she affirms that you do indeed understand what she is saying, take the time to think about how she is feeling in this situation. Use your intuition and allow her to correct you if you’re wrong. You’ll get better with time. Avoid the temptation to try and give helping hints right away. Once you have a firm understanding of both what she is saying and how she feels, you can take the opportunity to talk about how you feel about the situation and discuss any ways that you might be able to help. If you have a difference of opinion, be sure you fully understand her point of view before you start to voice your own ideas about the subject. It might turn out that you misunderstand her thoughts and if you just right into disagreeing, you could be starting an argument for nothing!

Couples Who Play Together, Stay Together

The second aspect that stems from our ability to communicate is community. No matter how much in love you and your wife are, you can’t be happy if you are completely isolate yourself from the rest of the world. You need friends and family with whom you can share your joys and your pains. More importantly, you need to be able to share your friends and family. Of course it is important for you both to have some time to yourselves and friends of your own, but if you have a shared social circle who knows both of you well, you have people you can both turn to for help and advice when you need it!

Get Outside the Box

Don’t discount the benefits of getting out of the house and having a good time. Making friends with other couples can be a great way to enjoy time away from home. If you don’t feel like you have friends that you can get out and have fun with, it’s time to make some! Take up a class or go to workshops – dancing is a great one to burn some energy and meet new folks, and learning to cook can be fun and teach you both useful new skills. If you’re active and competitive, try joining a local amateur sports league!

THE
Tantric
TOUCH

Chapter

07

Love & the Heart

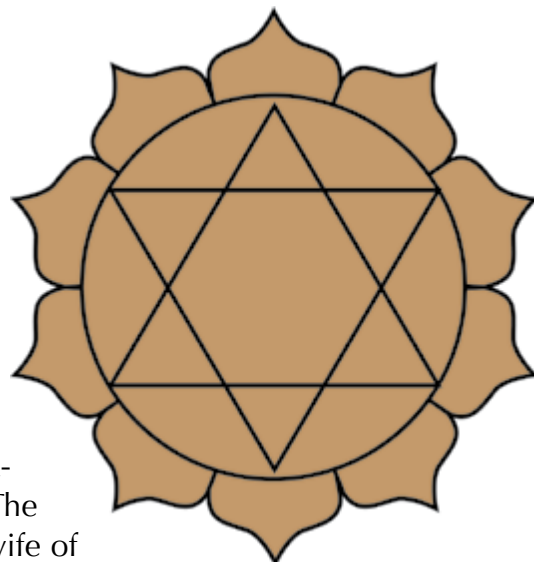




hakra: Anahata
Location: heart
Instinct: bonding
Power: love

Anahata: the heart

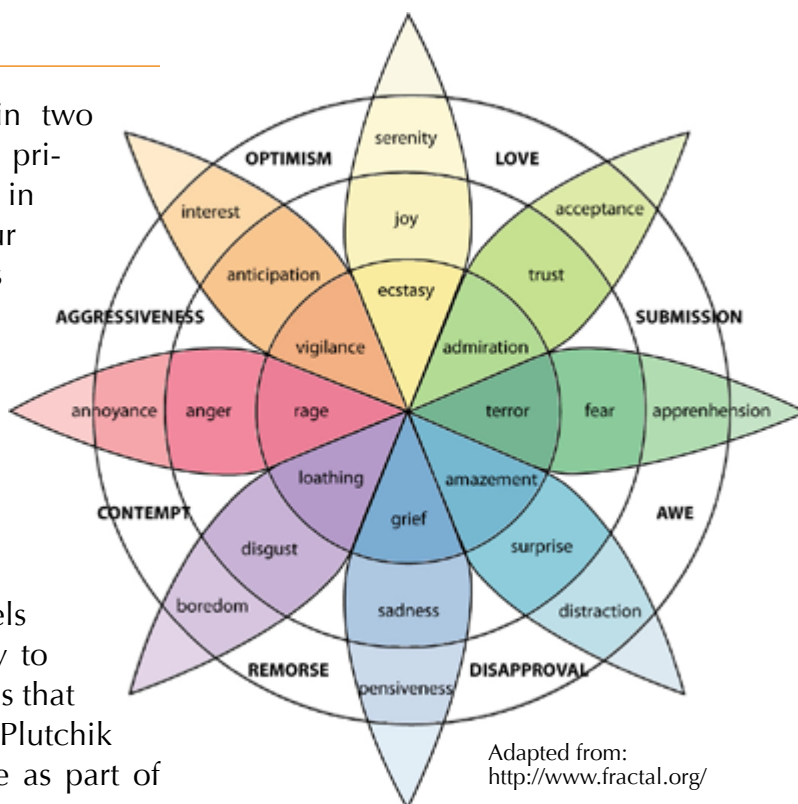
The heart chakra is the first point where our personal work starts to turn into couple's work. It's also the last chakra as we travel downward that is ruled by conscious desires – soon we will be dealing with the subconscious and the animal instincts. While the heart and our emotions are incredibly personal, they are that which binds us together in love, strength, heck even in hate many groups find their bonds. Strong emotions, whatever they are, cause us to seek out others instinctively. The most important emotion in your relationship with your wife of course is love. It can be easy to let our other emotions overwhelm us, so learning to cultivate love in your every day is vital to a healthy marriage.



Funny Feelings

Emotions are generally described in two classes – primary and secondary. A primary emotion is that which we feel in direct response to some event in our lives, whereas a secondary emotion is something we feel as a consequence of the first. Something that causes us to feel fear (for example, the fear that our partner might leave us) will ultimately result on other emotions like jealousy, anger, sadness, resentment, guilt and so on.

With more than 90 different models and definitions over the past century to describe emotional states, it is obvious that this is a complex issue. Dr. Robert Plutchik presented the model diagrams above as part of



Adapted from:
<http://www.fractal.org/>

Stimulus event	cognition	feeling state	over behavior	effect
threat	danger	fear	escape	safety
obstacle	enemy	anger	attack	destroy obstacle
gain of valued objet	possess	joy	retain or repeat	gain resources
loss of valued objet	abandonment	sadness	cry	reattach to lost object
member of one's group	friend	acceptance	groom	mutual support
unpalatable object	poison	disgust	vomit	eject poison
new territory	examine	expextation	map	knowledge of territory
unexpected event	what is it	surprise	stop	gain time to orient

Adapted from: <http://www.fractal.org/>

ability to feel what your partner is feeling may increase dramatically. This can be a frightening experience if you don't know what's happening. You may start to feel emotions and be unsure of where they originate, so don't let this scare you or cause you to react without conscious thought.

The heart is especially associated with the actions of the hands and with the feelings of devotion, so any actions designed to increase your devotion to your partner, especially those which use touch as a means to convey your emotion, will inevitably heal and purify this chakra, increasing your love exponentially.

The heart is also the place of wish-making, the way we hold our hands in prayer when we make wishes for that which we desire. What kind of love do you desire?

Cupid's Arrow

Acts of love and devotion are many and varied; there is even a discipline of yoga, aptly called Anahata Yoga, which focuses entirely on postures and meditations designed to open the heart more fully to the experiences of love and joy. We can be struck by love in the strangest of moments, even when we are in a long-term relationship where love is supposed to be a given.

Learning to nurture this love instead of just allowing it to take us by surprise requires dedication... devotion. Do you do anything in your day to day life that tells your wife how devoted you are to your partner? In "Tree of Ecstasy", Dolores Ashcroft-Nowicki recommends the following daily activity to nourish your love in all its aspects. This "Calling Forth" should be practiced at the time of day when you come together to spend intimate time. If you both work from home, this could be first thing in the morning, however if one or both of you work outside the home this practice might happen when you both get home in the afternoon or evening. Try to start your time together with this exercise, before you start to talk about your day, before you eat dinner, before you pick the kids up from school and have to make decisions about their lives.

his research into the evolutionary aspects of our feelings³⁵. The most important aspect of the heart chakra is being able to identify and process our emotions as we are feeling them, before they are able to take control of our voice and our actions. Conscious application of even the most happy and loving emotions are important to ensure a long-lasting and healthy relationship.

Heart & Soul

The heart chakra in particular is supportive of the emotions of love, empathy, selflessness and devotion. You may find that with practice and focus on this chakra, your

Take some personal time first to each bathe and relax. Stand naked in front of each other – just this act is incredibly intimate and may take some time to be comfortable. Take some time to *really* look at each other and see how your wife's day has affected her. Does she seem more tired than usual, or does she seem to shine in a unique way? What emotions can you see on her face?

Take your wife's hands in yours and lean in close. Kiss each other gently in a friendly greeting, then draw back and look at her again. When you lean in for a second kiss, allow the energy of understanding and sharing to permeate the moment. Draw back again and look for a third time, then move in for a third and final kiss. This time, kiss your wife as her lover. Allow your passion to rise but don't let it get out of control just yet. Keep holding hands and let them convey your love.

Now pull back from each other again. You may want to take turns kneeling or sitting at your lover's feet, but you can also look each other in the eye. After each statement, pause for a moment to think about what you have said and muse on your love.

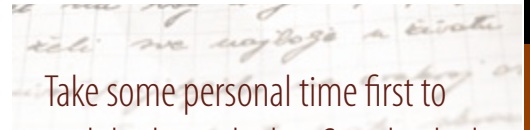
First, touch your wife first on the crown and say, "You are woman". Touch her forehead and say, "You are understanding", then touch her throat and say, "You are my link with the spirit". Touch between her breasts and say, "You are nourishment". Touch just below her navel and say, "You are the chalice of life", and then touch the opening of her yoni and say, "You are the maker of forms".

Next is your wife's turn. She touches your crown and says, "You are man", and then she touches your forehead and says, "You are wisdom". She touches your chest and says, "You are my strength and my protection", then touches your belly and says, "You are my warmth". Finally she touches your lingam and says, "You are the fountain of life".

With time, you may find that other affirmations work better for you, so feel free to change these to suit your changing relationship. The purpose of this exercise is to acknowledge all the roles you take in each other lives, and to take the time to ground yourselves in your love before you begin any interactions with each other. After this exercise is a great time for you each to separate and spend 10 minutes meditating in your place of peace.

Tugging at the Heartstrings

It can be tempting to hide our hard feelings from our loved one, to try and protect them from any anger, fear, sadness or resentment we are feeling. Keep in mind that intuition we talked about earlier! If your wife can sense how you are feeling, but you insist that nothing is wrong, it will only breed those ill-feelings and make them grow stronger in you both. The word anahata means "un-struck" and the heartstring that goes un-struck is an instrument wasted.



Take some personal time first to each bathe and relax. Stand naked in front of each other – just this act is incredibly intimate and may take some time to be comfortable. Take some time to *really* look at each other and see how your wife's day has affected her.

Express Your Emotions

So how do we go about expressing those difficult feelings that sometimes seem to gnaw away at us? The important thing about this process is to first understand what you are feeling yourself. The more specific you can be when you finally sit to talk with your wife, the better, so take some time first in your place of peace to examine these feelings. Use the Maya/Illusion meditation from earlier to examine your feelings and try to understand where they are coming from and how they are affecting you on the many possible energetic levels.

Try to come up with as many descriptive words as you can that describe not only the specific emotions you are feeling, but the degree to which you are feeling them. Are you irritated, angry or furious? Or are your feelings mixed? Moreover, try to identify what specific events or behaviors cause you to experience these feelings?

Sing & Dance

The heart chakra is deeply associated with “the inner voice” – not the voice of intuition, but the voice of the creative spirit. If you are still struggling to put your feelings in to words, start with the more abstract arts like music and dance. Put on some music and let it carry your emotions for you for just a while. Get up and dance around, allowing the music to stir your emotions inside of you. When you are ready, sit down and write out your feelings in a private journal or return to your place of peace to allow the words to come.

Me, Me, Me!

When it does come time to sit down and discuss, it is important to give your wife a head's up as to what's going on before launching into “The Talk”. Express to her that you are having some feelings that you would like to talk about and ask when would be the best time to discuss them. When you do finally sit down to talk things out, it is most vital that you keep the focus of your discussion on you. This comes in two types of “I” statements.

“I feel” statements are the more basic of the two, taking the format: When [that thing], I feel [this way]. Often “that thing” describes something that your partner has done, but it can also refer to other events that take place in your life. It is incredibly important that you don't just use these statements to express negative emotions. By making your lover aware



that there are things which she does that make you feel good, you will make the expression of the more negative emotions easier to take.

The second kind of statement, the “I Message” gets a bit more complex, as it has four different parts, in no particular order:

- 1 When.... This part of your statement should identify the action or event that has caused your specific unwanted feelings.
- 2 The effects During this section of your statement, don’t get into emotions, but instead discuss how your feelings have made things difficult for you.
- 3 I feel.... Now name your feelings, as specific as possible.
- 4 I prefer.... If you aren’t sure what kind of actions you would prefer, then you can leave this out, but if you feel that there is some way the two of you could change your actions to make things better, bring it up!³⁶

Be sure that your body language matches your feelings, and don’t forget to take the time to examine these feelings before you express them. You don’t want to be conveying “You” messages or judgments when you are trying to express your feelings.

The Right Touch

Even in the struggle to express negative emotions, it is important not to allow your feelings to come between you. Encouraging loving touch on a daily basis will help to meter your negative emotions in a way that reminds you of what is truly important in your relationship – love.

In tantra, touch is the best way to share loving energy with your partner. Because of its natural association with the hands and your sense of touch, this chakra is also associated with the skin in its entirety. Experts tend to categorize touch, particularly as it relates to tantric massage, into five different categories of movement³⁷:

- 1 Stroking: long, firm, smooth strokes along the length of the muscles
- 2 Circling: making small circles around the joints
- 3 Kneading: slowly but firmly squeezing then releasing the muscles between the palms and fingers of each hand
- 4 Feathering: stroking lightly with an almost-tickling touch for the purpose of arousing the senses in the skin
- 5 Rocking: gently rocking the whole body (or a part, like a leg, or the hips) back and forth, with one hand on either side

For more details on how to master massage techniques, check out my book [“Erotic Massage for Better Sex”](#) and let your loving hands blow her away!

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Chapter

08

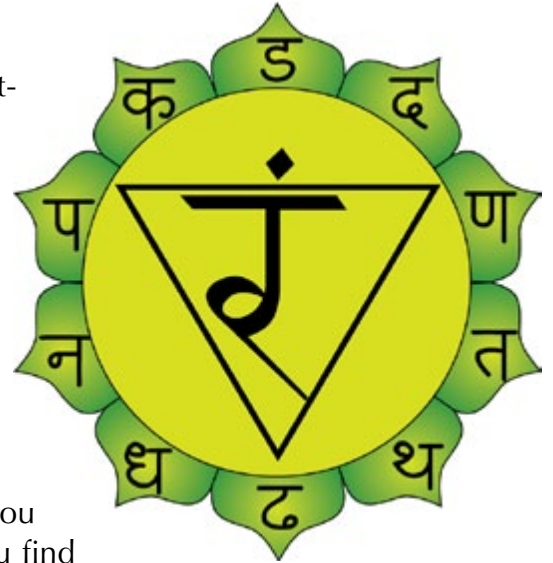
Personality & the Sun





Chakra: Manipura
Location: navel
Instinct: fight-or-flight
Power: command

The word *manipura* translates as “the city of jewels”, located in the solar plexus and associated with your vital life force which comes both from the sun and your ability to take energy from the food you eat and the water you drink. This is the sphere of your “gut feelings” and your deepest desires, the place where you hold on to the person you are and who you want to be.



Manipura: the mask

How many different roles do you play in your life? Are you your authentic self in every aspect of your life, or do you find yourself putting on airs and pretending to be something you're not? Do you ever bring this inauthentic self home? Manipura describes the many masks we wear in our day-to-day life and gives us the strength to find our true self. To be your truest self, you need to harness that vital energy which you expend in putting on your masks.

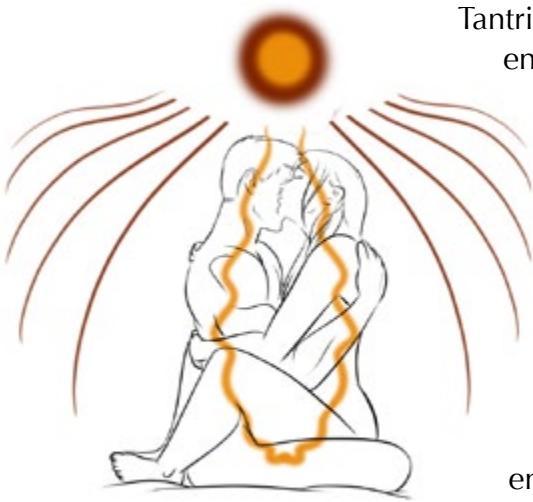
Chi Energy

If you have an imbalance or illness in this chakra, you are likely to feel tired, lazy, unmotivated, anxious or withdrawn³⁸. It can also manifest in an overabundance of assertive energy, causing you to come off as over-aggressive and overbearing. The best way to regulate this energy is through the control of the breath³⁹. Start by practicing the first two types of breath from [The Idiot's Guide to Tantric Sex](#)¹ by yourself during meditation, then move on to the rest with your partner:

- 1 The Complete Breath: The purpose of the complete breath is to fill your lungs entirely. Start by breathing into your lower belly, sticking it out like the Buddha, then into your solar plexus and finally your upper chest. As you exhale, let the air out of your chest, then your solar plexus, then your belly. Have a good laugh doing this breath with your lover while you hug, pushing your bellies out against each other.
- 2 The Fire Breath: The breath of fire as described in “How to Be a Sex Goddess in 101 Easy Steps” is all about increasing your sexual vitality. This is a quick breath, through the nose, pulsing the abdomen in and out and raising your arms up and down with each breath, if desired⁴⁰.

- 3 The Synchronized Breath: Face each other, sitting comfortably with your spine straight, and practice breathing in and out at the same time at a relaxed pace. Hold hands to signal to each other the beginning of the breath, so that eventually you can close your eyes and learn to sense the vital energy you share.
- 4 The Reciprocal Breath: In this exercise, you want to breathe as if you are exchanging this vital energy with your lover as if you are breathing for each other. Inhale while your partner exhales, then exhale while your partner inhales. Try this exercise while sitting in the Yab Yum position for extra energy-building!
- 5 The Circulating Breath: In this breath, visualize your vital energy rising up from your lower chakras, through your solar plexus, heart and upper chakras and out through the top of your head where it enters your partner, moving down through her chakras and back into your genitals where they meet in Yab Yum.
- 6 The Bliss Breath: Inhale very deeply through your mouth and as you exhale slowly and naturally, allowing any sounds to escape from deep in your belly – sighs and moans can soon turn into a very sexy experience!
- 7 The Passionate Breath: Practice the reciprocal breath once again in Yab Yum position but press your heart chakras together as you breathe. Look each other in the eye and count to five on the inhale, pulling your energy up through your chakras, out through your head and into your partner as you exhale. As you build up your arousal energy, gently thrust your pelvis to increase the flow of energy.

Virile Vitality



Tantric experts know that physical health is of course the best way to ensure an abundance of vital energy. Aside from regular physical exercise, it is important to regulate your eating habits in such a way that allows you to take in the most effective forms of food energy!

The rules suggested for good eating habits are the same as most health-conscious individuals would recommend: limit your intake of red meat, rich sauces, excessive dairy, refined sugar and grains; increase your intake of fruits, vegetables and fermented foods like yogurt, kefir and kombucha. Try not to eat any fewer than three or four hours before you intend to enjoy sexy time together; the body needs time to digest. Excess in any form – smoking, drinking, sweets and drugs of any kind – are sure to mess up your natural balance⁴¹.

Taking care of your body will help you to clear your mind, release bodily toxins, expel pent-up emotions and through regular practice of healthy habits, increase your devotion to yourself and

your lover.

Who Are You, Really?

All this talk about “finding yourself” might come across as a bit new-age, but understanding who you are and what you present to the world is of the utmost importance. Do you know what your lover sees when she looks in your eyes?



here, but rather the kind of knowledge gained from a full astrological reading. While the Vedics in India use a different method from Western astrologers, one isn't more valid than the other. Take the time to have a chart cast⁴² for both you and your wife, even if you only use basic free online software. In Western astrology, learning about your sun sign, which is the one most people already know and describes your overall personality, is just the start! Your moon sign describes your hidden desires and deepest emotions; while Venus & Mars rule over love and war, marriage and sex, our base desires and our most intimate relationships. There are even more complex details relating to the other planets, certain asteroids and other heavenly bodies, as well as the angles or aspects between them⁴³.

Most appropriate to this chakra however is the Ascendant – the sign which rises over the horizon at the time of your birth⁴⁴. This defines your mask, the face you present to the rest of the world... and ultimately, every other aspect of your personality. Your astrological chart is made up of houses with your ascendant defining the 1st house, and thus all the other houses that follow. These houses can tell you to which aspects of your life your planetary signs relate. There are several good books available, as well as a slew of incredible information online, which can teach you about astrology as it relates to life and love. Once you have a grasp of this information, you have the chance to get a heads up on difficult times ahead⁴⁵ – Mercury retrogrades for example, when communication is known to be more difficult. Don't pass it off just because science hasn't quite come around to understanding just yet. You might be surprised!

Erotic Astrology

What's your sign? It sounds like a cheesy pick-up line, but although modern science has yet to explain astrology in any reliable terms, there is no doubt that this method of understanding a person based on their time and location of birth has been used for thousands of years, since the dawn of civilization!

I'm not talking about your simple, 1 in 12 chance magazine horoscopes

Mirror, Mirror

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In Sanskrit, the sacred word Namaste means “I honor the place in you which is of truth, of light, of peace. When you are in that place in you and I am in that place in me, we are one⁴¹.” Often used as a greeting, what this word means is that our relationships act as sacred mirrors, reflecting our greatest achievements and our deepest wounds.

While this mirroring exercise is designed to help couples who are going through difficult emotional times, it can also be used to share your joy and happiness with each other! The next time either of you is feeling any kind of strong emotion, but especially one where you are struggling to understand what the other is thinking and feeling, take the chance to practice this mirroring exercise⁴⁶.

Let’s use the example of a time when you are upset at your wife for something she has said. Sit across from each other and take the time to use the communication exercises above to get an understanding of her feelings. Now take it to the next step; switch places. Don’t use this as an excuse to make disguised “you statements” or to be cynical or reductionist about her behavior. Don’t judge – really, truly put you in her shoes.

Take a few deep breaths first if you need to, and then change your mind. Put yourself in your wife’s place and have her put herself into yours. Feel what she felt when she did what she did. Search deep inside yourself. Is there something inside you, something you dislike about yourself that makes you dislike what you saw in her? What is it? Do you feel it inside of you?

In this space where you hold her intentions inside of you, and she holds yours, feel the love she feels for you and send it back to yourself through her. Feel her sending love back to you, feeling the love you have for her. Surround yourselves with love and understanding for each other.

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09

Sex & the Sacrum





hakra: Svadhistana
Location: genitals
Instinct: sex
Power: allure

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Svadhithana: the sacral spot

This chakra is also referred to as “Tantra”! The 2nd chakra is intimately linked with the sexual drives, in particular those unconscious desires we often keep hidden and unexpressed. These desires have a tendency to block up this second chakra, preventing our earthly energy from rising above it; thus, the expression of our hidden desires is one of the ultimate healing exercises in which any practitioner can engage. In this space between the genitals and the navel lies the very seat of our sexual impulse.



Finessing Fertility

The sex hormones estrogen and testosterone which we learned earlier are responsible for our feelings of lust, are the carriers of this chakra's energy. They define the cycles of fertility and of life, so if your wife is relying on chemical birth control or hormone treatments of any kind, it may be even more difficult for her to harness the power of this center.

Understanding fertility is one of the key components to sacred sexual health, so you should both sit down and discuss ways to keep track of and gain understanding about her monthly cycle. Chemical hormones like The Pill trick a woman's body into thinking that it is already pregnant, which staves off ovulation but also completely changes the hormones in her body which regulate her sex drive!⁴⁷

I am not advocating one method of birth control over another, but a healthy sacrum requires a thorough understanding of the processes of natural fertility. There are three main stages in a woman's monthly cycle:

- 1 Menstruation – a woman's cycle is calculated from the 1st day of her menstruation, her body's natural detoxification; PMS symptoms and discomfort during these few days will be directly related to the amount of toxins being released from the body during this time, so a regular healthy lifestyle can make this time a lot more bearable for you both.
- 2 Pre-ovulation – between menstruation and ovulation, her body is preparing to receive

you; you may notice a marked increase in her libido up to a week before ovulation, since sperm can live inside fertile fluid for a full 5 days.

3 Ovulation – a woman is only technically fertile for 1-2 days out of every month (though counting your fertility, you need to be careful for close to one week out of four); she will become more easily aroused and lubricated during this time and she may be more sensitive to certain kinds of touch, perhaps preferring penetrative sex to foreplay, fingering or oral stimulation. This is also a great time to practice Kundalini exercises and work to increase and share sexual energy.

4 Post-Ovulation – this stage is defined entirely by what happened during ovulation; if an egg was fertilized, temperatures and womb-preparing hormones will remain elevated during pregnancy; if not, a drop off in these hormones signals the beginning of menstruation. She is likely to want more nurturing, nourishing intimate contact during this time of her cycle, so it is a great time to practice any heart chakra work!

If you can harness the inherent sexual energy as it moves through this cycle, you are one step closer to an embodied, sacred sexual relationship!

Nothing Rhymes With Orange

There is nothing quite like sexual energy – not food or parties, not long talks or quiet meditation – nothing rivals the feelings of ecstasy that a couple can experience when they learn to master and share their sexual energy. While all sex certainly has the potential to be sacred, it isn't automatically so. When people talk about "casual sex", we often assume they mean sex with someone they don't know. In reality, "casual sex" is about the kind of sex we have when we aren't being our true selves or when we don't care about the true self of the other person.

How often do you have "casual sex" with your wife? Do you use your sex life as stress relief for your own body, without considering her needs and desires? Do you keep yourself cut off and detached when you should be actively *making* love? Engaging in a sexual relationship with someone may have long-lasting physical consequences, but making love creates life-long spiritual ties that need to be nourished and cared for, or else they will wither and die. Your marriage isn't just a physical contract; it is a promise to entangle the roots of your spiritual-sexual selves. You are both responsible for tending those roots, watering the plants and pruning the leaves so you might together enjoying the fruits of your labor!

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Juicy and Delicious

Just as this chakra is associated with potential offspring, in the dormant egg-and-sperm DNA we all store, it is also associated with potential outcomes... the seeds of life, some of which may grow big and strong and bear fruit, others which may wither and die, or fall on barren ground and never sprout at all. Where the chakras above are about conscious wishes and desires, this space deals with consequences and karmic debts – those good and bad things that come our way not because we want or choose them directly, but because of the events from our past (and not necessarily in “past lives”). What events in your past have led to your current relationship troubles? What choices have you made to bring about a better, more loving future?

Before you move on to the sacred sexual exercises that follow, take some time in your place of peace to explore your karmic debts. Imagine, for just a moment, that you actual want to be in the situation you are in right now. Think about your love life as if its current state is exactly how you want it to be; now work backwards from this point. If this was what you really wanted, what past events or feelings could prompt you to want something like it? What secret desires or hidden emotions are being served by your current sexual state?

Perhaps you feel self-conscious about your abilities as a lover, and so are avoiding hurt and embarrassment by not trying too hard at all. Maybe you don't truly believe you are worthy of



love, joy and ecstasy. It is possible you are scared that your love won't last and don't want to get too close, even after all these years together. Use the Maya Meditation from earlier once more here and peel back the layers of your feelings. What lies at the center of it all?

Now think about the sex life you really want. Is it in line with what your lover desires? Do you even know what it is she desires? If not, some communication exercises are in order! What actions or events have you participated in that will lead to the kind of sex life you want? If you can't answer that immediately, it's time to start learning about sacred sexual practices to tend to the supple, fragile seedlings of your love.

Sacred Sex: Worshipping the Goddess

I mentioned before that all sex has the potential to be sacred. Just like any other aspect of our life, we make choices to decide whether we will be conscious, sacred participants in the events that shape us, or if we will simply allow life to shift us here or there on gentle breezes and violent storms. Food, for example, can be incredibly sacred. Think about a community feast where everyone was involved in planting, growing, harvesting and preparing the food; where prayers are shared and gratitude given to each other before eating. Note the difference between this kind of food experience, and a trip all alone to McDonalds where you don't spend one second thinking about where the food came from or the number of people who are affected by your decision to eat there. When it comes to your love life, which would you prefer – a shared moment with someone you love and adore, who will appreciate your contribution to the relationship; or a series of mindless quickies, forgotten as easily as your fast-food lunch?

Stoking the Fires

At certain times (for example during ovulation), you may find that simple breathing exercises or affirmations like the ones we have already discussed will be enough to bring about the signs of arousal in you both. Still, most women prefer to be caressed and adored before moving straight for the sacral chakra. Try caressing her hair to open her crown. Stroke her forehead, kiss her lips and her neck to warm her to your touch and open her 6th and 5th chakras. Speak with love to her about her beauty and gently touch her breasts to strike her heartstrings. Rest your face gently on her belly as you massage and stroke her thighs, and look her directly in the eyes to help mirror her energy and open her solar plexus.

Foreplay can be incredibly complex, or unbelievably simple. Try to indulge all of her senses, in one way or another, to bring about the most ecstatic experiences. Use your intuition to determine pace and pressure. If you aren't sure how to tell when she is ready for more intense stimulation, and you aren't sure how to ask either, try reading my book focused entirely on this subject – [Turn Her on Faster: Advanced Foreplay Techniques to Seduce Her Mind and Body](#).

The Goddess Night

When it comes time to go beyond massage and bodily caresses, it is important that you take the time to cultivate a space of love and worship. Caressing the yoni is about honoring the Goddess in your lover, so this experience should be unhurried, unrushed, no-pressure involved. Your wife should know ahead of time that this will not lead to sex, and you should prepare yourself accordingly.

- Be sure to begin your planning by letting her know all of these important things¹:
- This night (or day!) is all about her.
- This is an experience for you to show devotion and worship to her pleasure.
- She can take all the time she needs and have as many orgasms as she wants.
- You are ready to listen to her suggestions and any requests she may have about how to touch her sacred spot.
- All she has to do is lie back and enjoy herself. There is no expectation that she “reciprocate” tonight. She will have the opportunity to worship God in you another day.
- You enjoy giving her pleasure! Tell her repeatedly how beautiful she is and how much joy and bliss you get from giving her pleasure.

Relaxation is incredibly important when it comes to this kind of sacred experience, so be sure to use the techniques we’ve talk about already to bring this about – take the time to get into your individual places of peace, to discuss your feelings and breathe together to share love. You may find it especially enjoyable to bath together, washing her body and her hair as she instructs you. Take your time – you should set aside at least several hours for this experience. To make it a truly special experience, set aside the entire evening so that afterward you can serve her a dinner fit for a Goddess and lounge together in bed, discussing your feelings and ideas for future exploration.

Start the evening off with a gently massage. Ensure you stay calm, breathing slowly and deeply, so you can maintain a soft touch that doesn’t communicate need to reciprocate. Continue to assure her that the evening is entirely about her and try to maintain some level of touch at all times. If she insists on trying to touch you, simply tell her in a calm voice that what you really desire is to give completely to her, and that you need all of your focus to be able to worship her properly.

If you feel nervous or unsure, ask her for some feedback, but try to stay confident. This isn’t about being masterful, it is about paying homage. Think of yourself as like “The Little Drummer Boy” – you bring whatever you can to worship at the feet of the Goddess. Your love and your devotion are enough. Touch her for the pleasure of touching her, for the ecstasy of seeing pleasure on her face and feeling it in her body.

Start the evening off with a gently massage. Ensure you stay calm, breathing slowly and deeply, so you can maintain a soft touch that doesn’t communicate need to reciprocate.

When you feel confident, close your eyes and feel her. Connect with her emotions. Feel your love and adoration for her and send it out through your hands and through your heart as you breathe. Practice the exercise from earlier of holding the image of your lover in your heart place as you breathe in and out from this space. Encourage her to feel emotions and to express them to you as they come up, and be prepared to hold her or help her to process emotions that may be difficult to explain or understand. Pay attention to places that are often overlooked, like the palms of her hands, her scalp, the insides of her elbows and her knees. Use the love moving from your hands to spark the energy of her chakras, especially her heart center.

Caressing the Yoni



The initial massage and emotional work may be enough to prepare her sacred chamber, but if not be sure to have some lubricant ready to help smooth the way – natural oils work very well, since you won't be using any toys or condoms tonight (coconut oil is my favorite). Gently rub some into the palms and fingertips of your hand to warm it up before delving in to her sacred space.

Begin by simply holding her sex in the palm of your hand, gently without demand. Stay synchronized, breathing together. Try to position your body so one hand can touch and caress her sex while the other can rest over her heart chakra, sending her love with every stroke and every breath. Look in her eyes as you stroke her, telling her how beautiful she is and how much pleasure you are receiving through worshipping her as your Goddess. Affirm your love and devotion for her; tell her what a Goddess she is in your eyes!

Try using different strokes, both along the outer genital of her vulva and inside her sacred chamber, to bring about different pleasures. Ask her to direct you to her most pleasurable spots and feelings. If she enjoys the experience, try reaching her

G-Spot, soft spongy tissue about two inches inside her vaginal canal, along the “roof” or the side closest to you if she is lying face-up. Slow, strong strokes along this area are likely to cause

earth-shattering orgasms and may even cause her to ejaculate! If this happens, continue to assure her of her beauty and your pleasure, as she may feel some self-consciousness if she has never experienced this kind of pressure and pleasure before.

If you are still unsure, ask her to pleasure herself while you breathe together, showing you how she wants to be touched – you may want to try this a few times before your special night together as well, just to help get the hang of it. If you are still struggling to find the right strokes, try reading my book [Naughty Fingers](#) for all the fingering details you could ever desire!

When you have completely exhausted each other in pleasure, don't rush to disengage and clean up. Instead, spoon her and continue breathing together, allowing this "resolution phase" to bring you even closer together. She may wish to simply fall asleep like this, but she may also want to spend some time talking through the experience, reminiscing on any strange feelings or unique sensations she felt. Align your energy centers and allow the energy of the moment to wash over you both, bringing you closer together. If you have the energy and desire to do so, feed her some fruit and honey, sip some water or wine together and simply revel in the pleasure of each other's company.

Sacred Sex: Worshipping the God

You didn't think we'd make it all the way through this book without some phallus-focused fun, did you? After your Goddess-worshipping performance earlier, it's likely that your lover desires the opportunity to reciprocate! Prepare for this experience in the same way as before, setting aside the time to enjoy each other, taking the time to relax, bathing and breathing together, allowing her to massage and prepare your body without any pressure towards sex. Try to avoid touching her with need – simply place your hands under your head if you're having trouble keeping your hands off! Let her massage you gently and reassure her that what she's doing feels good. Encourage her to talk about how it feels for her to touch you with love and worship. Make eye contact, breathe with her and feel the love she sends you through her hands to your heart center and the rest of your body.

Exciting the Lingam

The entire purpose of tantric lovemaking is to make it last as long as possible. Being massaged and relaxed may make you feel as if ejaculation is imminent! This is where communication is incredibly important. You want this experience to last as long as possible for you both, so your partner should use a "start-stop" technique as she begins to touch your penis. If you begin to feel close to ejaculation, tell her. She can move her hands from this spot up to your heart or to other less erogenous zones until the moment has passed, then return.

If on the other hand you don't get an erection at all, there is nothing to fret about – you can certainly experience pleasure without one! Be assured (and reassure your lover) that it is natural and that you are enjoying her touch regardless. All of the different massage strokes I mentioned earlier are applicable to lingam massage as well, so allow her the time and freedom to caress you

in all these different ways, teasing and tantalizing you for both your and her pleasure. This should be fun play! Let her know what kind of pressure feels good as she experiments with different kinds of touch, from feathery or spidery, to the comfortable up and down motions, with squeezes and back-and-forth strokes mixed in for variety.

Perineum Massage

Accessing the male sacred-spot can require a lot of relaxation and preparation, but unlike most women who require penetration to reach the Goddess Spot, the male God-Spot (better known as the prostate) is accessible in many by stroking the perineum, the spot between the testicles and anus. This gentle pressure can be exerted alone or in tandem with stroking the lingam and is excellent preparation for entering the sacred space. If you are having trouble relaxing, you don't have to go passed this step, but if you both feel comfortable, this is great preparation for the next kind of worship.

Anal Massage



To encourage the most earth-shattering orgasm you have possibly ever experienced, you first need to be incredibly relaxed. Most men assume that anal sex is painful, but if you are calm and collected, it doesn't have to be so. Lubrication will help to ease the way and should be applied liberally to your outer sphincter as well as to her finger (middle or index) before hand, as well as during this worship.

The most important thing, as with any kind of anal play (for him or her) is that the person being penetrated initiates the act. Have her place her lubricated finger on your well-lubed opening and continue to stroke your lingam and play with your testicles. As you relax into the pleasure, allow yourself to fall onto her finger – don't push, merely feel yourself opening up around her. At this point, very gentle pressure should begin to open you up. Inside the first sphincter, there is a small space and then a second opening, which might be closed tight. Again, she can rest her finger here and wait for you to open to her. This might not happen the first time and neither of you should force it, but a little gentle pressure here (and a little practice) should have you opening up to accept her touch.

With one finger inside you, she can use her thumb to press against your perineum as in the previous exercise. Once she is through the second sphincter, she should be able to locate your God-Spot in a similar position to her Goddess-Spot, just inside and on the “wall” facing her if you are laying face-up. She can stroke this with gentle pressure in tune with her other stimulation. If you are able to reach orgasm with these two types of stimulation, you are bound for an ecstatic surprise like nothing you’ve ever felt before! Relax, enjoy and let go!

As with the Night of the Goddess, take time afterward to cuddle, connect and talk about your feelings (perhaps over a nice dinner) before falling asleep in each other’s arms.

Sacred Sex: Yin Meets Yang

Taking the time to “switch off” and share love and devotion on alternate days can really boost your energy levels and allow you the chance to focus on a kind of pleasure you may never have experience before, but it certainly isn’t the be-all and end-all of tantric sex. On the contrary, this kind of focused devotion opens the door for extended lovemaking that will take your relationship to a whole new level. Of course, none of this means you have to give up your special morning quickies! Tantric technique, rather, is a way for you both to change the pace of your love lives when you are feeling a bit disconnected.

Orgasm vs. Ejaculation

The first point to remember when it comes to tantric sex (and any sex, from this point forward!) is that orgasm and ejaculation is not the same thing. That’s right – you can ejaculate without having an orgasm... and more importantly, you can have an orgasm without ejaculation! Just like women, men can experience several different kinds of orgasms. If you’ve read my book on foreplay technique, [Turn Her on Faster](#), you’ll know that while some orgasms are “terminal” and cause an end to arousal, others can continue to rise and peak and rise and peak, almost indefinitely... at least until you’ve tired each other out! This isn’t just true for women; you can experience this kind of multi-orgasmic bliss as well.

One of the best ways to start playing with this kind of energy is during the Night of the God, first bringing you to orgasm with lingam and external perineum massage, then continuing to stroke your outer genitalia while entering your sacred chamber during your post-orgasmic relaxation and stimulating you to a second (and maybe even a third!) orgasm.

She can help you delay your terminal orgasm by using her fingers as a make-shift cock ring (), making a tight circle around the base of the lingam which can help prevent ejaculation but with practice, still allow you to experience the pleasure of orgasm. Other techniques may also help, like the start-and-stop mentioned earlier, pulling gently down on the testicles (which rise up towards the body in order to facilitate ejaculation), as well as “pinching” the shaft just below the head. Experiment with a few different techniques from my book [Ejaculation by Command](#) in order to control your emissions before moving on to united tantric lovemaking.

With practice, you may notice that you ejaculate some fluid of a different consistency – very similar to pre-ejaculate or the fluid that a woman ejaculates during a G-Spot orgasm – but are still able to continue on to further orgasms before reaching your terminal, seminal ejaculation. The human body is a strange and mysterious beast, meant to be explored!

Just Breathe

One of the best ways to perform the “start and stop” method of orgasm control, either during God-worship or united sex, is to breathe the energy. Whenever you feel close to orgasm, stop the stimulation and focus on moving the energy up from your lingam through your chakras to your heart, flooding it with love and adoration for your partner until it is full and your ejaculatory response has subsided. Once your wife is skilled in recognizing this moment, she can help remind you by simply saying, “Just breathe, my love” and by using her hand to draw the energy upward to your heart and holding it there.

Two Become One



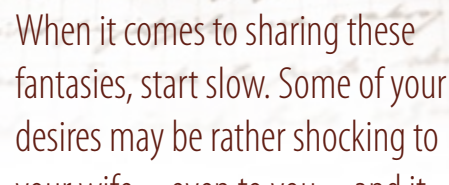
When you are ready to explore tantric sex together, the only thing to remember is slow down. If you are able, sit in yab yum position so you are able to face each other. If your bodies prevent this particular position, try to move around slightly (with your legs extended, rather than bent, for example) so that you can remain facing each other as much as possible. If necessary, lean back against a wall or headboard to give her more room on top of you.

Look into each other's eyes. Practice the different kinds of breaths we discussed earlier. Instead of focusing on the in-and-out motion that most couples rely on for orgasmic sex, develop your PC muscles by clenching and releasing your lower chakras and genital muscles. With practice, you should be able to feel her squeezing you as she contracts her muscles and she will be able to feel you harden and your penetration deepen as you contract yours.

The joy in this position, with its focus on staying together rather than thrusting, is that you don't need to maintain a full erection the entire time. Your arousal levels may change, so remember that what is important is the time you spend together, in each other's arms. Use the Breath of Fire to increase your arousal. Each of you can put one hand on the other's heart and use the other

hand to trace the energy along the spine and up through the other chakras to the heart. Imagine your energies as a large figure 8, connecting at the genitals and cycling through each of you with each breath, meeting again in the center reenergized by your arousal.

This experience can go on indefinitely. You may or may not reach orgasm from this experience, but with practice you should be able to attain certain levels of ecstasy that are as satisfying (if not more so) than your typical terminal orgasm, even if you don't ejaculate. We will explore more positions and techniques for creating lasting sexual rituals as we go on.



When it comes to sharing these fantasies, start slow. Some of your desires may be rather shocking to your wife – even to you – and it is important to express them with love and consideration for your partner.

Deep Dark Secrets

While the anal massage we discussed earlier is probably the most common of the “deep dark fantasies” that many men don't even know they have until they've tried, there are certainly dozens that many couples never take the time or have the confidence to share with each other. The sexual chakra is the ruler and storage space for these fantasies and stimulating this energy center may lead to some strange revelations. When it comes to sharing these fantasies, start slow. Some of your desires may be rather shocking to your wife – even to you – and it is important to express them with love and consideration for your partner.

Dig Deep

Before you get too involved in speaking your fantasies aloud, take the time to explore them in your place of peace. Having time alone to play with sexual energy is important for any healthy couple, so you should encourage your wife to do the same, enjoying time alone to masturbate and fantasize.

It can be tempting to use your meditation to carry your fantasies to their most extreme, unbound by the laws of physics and the constraints of reality. It is important, however, if you are going to be taking these fantasies to your lover for exploration, that you consider how it can realistically play out in your lives. Play out your fantasy in your mind with your wife as your partner, imagining how it might work between you. Try using the Maya Meditation from earlier to get to the root of the fantasy, working to understand the root of this drive or desire. If it is confusing and difficult for your wife to understand, it may be important for her to hear the “why” of it all.

Finally, Fantasies

When it comes time to tell her, start with a few details and see how she reacts. Explain to her that you have been thinking about a fantasy, but that talking about it in no way requires her to do

anything – that this is simply an exercise in expressing your feelings and thoughts. Your fantasy may be very difficult for her to hear, but you may be surprised – it could be that she has been fantasizing about the very same thing! Be gentle, don't pressure her, but do give her the opportunity to express any concerns or similar desires she may have. Try using some of the communication exercises I mentioned in earlier chapters to facilitate a calm conversation. If you do decide to take these fantasies to the next level and actually try one out, make as much time for it as you did for each of the God and Goddess Nights. Go slow and enjoy each other!

THE
Tantric
TOUCH

Chapter 10

Safety & the Foundation





hakra: Muladhara
Location: perineum
Instinct: hunger
Power: stability

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Muladhara: the mainspring

Located at the very base of the spine and associated with the perineum in both the male and female bodies, this “root chakra” is associated with our most base animal instincts. Known among tantric practitioners as the seat of physical reality, this energy defines the structures of our physical lives, that which we put in place to feel safe and cared for, that from which all else springs.



Safe as Houses

Sex and loving relationships all centers around one important feeling – trust. Without trust, all our other feelings are peripheral, useless. Feeling safe in the arms of a lover is the ultimate ecstasy for most women and many men. What do you do in the everyday to make your home safe, sanctified space in which to live? What makes your house a home?

Aside from all the above communication and emotional exercises, implementing daily rituals to help make your home a more enjoyable place to live is a great first step to creating safe and sacred space. In order to go further with the sacred sexual rituals we will soon discuss, it is incredibly important to focus some time and energy on your environment.

Try to engage all the senses and think of your home as a canvas upon which you can paint your devotion to the sacred in your sex lives. Beautiful art or sexy stories and photos; sweet-smelling flowers or smoky incense; soft textured blankets and pillows and the warmth of a fire (or even the warm glow of a few candles); delicious food and drink; and soft, sensual music or your own soothing, worshipful words can dramatically change any family home into a chamber of sensual delights. If you have children and are concerned about setting things out, you still have your boudoir as your place for your own sexual delights – don't skimp! Your lover will appreciate your efforts to make her more comfortable and sensually engaged.

Fountain & Foundation

In traditional Western “magical” systems like the Jewish mysticism known as Kabbalah, the energy of this chakra is associated with water and the moon, considered to be both the foundation

and the fountain of life⁴⁸. Although the chakra above is most closely associated with the outer genitals, this chakra is associated with the sexual fluids, the bodily liquids which provide the genetic basis for new life and the “safe home” in which new life can come together, join in sacred union, inherit the spark of new life and grow to become a brand new human being.

Even in the sex we have that isn’t designed to result in the creation of new physical life, each union with your lover creates a new opportunity for love in your lives together, a new chance to become whole and one. Western magical philosophers often refer to this kind of sexual spark as “the magical child”, the creation of some kind of new idea by tapping in to our spiritual roots, through the sexual joining of Shiva and Shakti⁴⁹. If you are creatively stuck in a project, if there is some dream or desire you both desperately want to happen, using your sexual union as the means through which to focus these desires is a great way to get your creative self “unstuck” and start pushing yourselves in the right direction – my husband and I use it all the time to cure writer’s block!

Even in the sex we have that isn’t designed to result in the creation of new physical life, each union with your lover creates a new opportunity for love in your lives together, a new chance to become whole and one.

Rules and Regulations

When it comes to safety, setting guidelines and rules can be incredibly important, especially when exploring some of the fantasies you may have uncovered in the last chapter. If you haven’t had a chance to sit down and negotiate boundaries for your play, now is a good time to employ your communication skills to make that happen. When you discuss your intentions for sexual play, you need to consider not only your physical desires and capabilities, but your mental and emotional states, your skills and history (if any) with particular activities, and your desired outcomes⁵⁰.

Hard & Soft

When it comes to relationship negotiations, experienced players tend to talk in terms of “hard” and “soft” limits. Generally speaking, a *hard limit* is plain and simply a no-go zone, to be avoided at all costs. Hard limits are not always permanent, over time some hard limits may become soft limits or even desired activities, so don’t be discouraged if one of your partner’s hard limits happens to be something you really want to try. Renegotiation is important as a regular practice in all relationships and should be done at least once a year, more depending on how often you engage in play that pushes your boundaries.

A soft *limit* is something that isn’t particularly desired, but that you (or your partner) might be willing to try in the heat of the moment, or if the situation was right, especially if the other partner is

really into it. Soft limits are often things that might not seem especially sexy to one partner, but they are willing to try because it will be good for the other – and who knows, they may find that they really enjoy it! Of course, they may also find that it is a hard limit for them, which is why safe words are so important in this kind of play.

Safe Words

While often introduced in BDSM play, safe words are incredibly important in sexual communication, even if you aren't playing with a new power dynamic. Most commonly used is a "traffic light" system – red light, yellow light, green light. In this way, red light is used to say "stop everything right now!" used in cases where physical pain or emotional reactions require an end to the sex altogether.

The other two are more subtle – often yellow light suggests "stop that particular thing you are doing and go on to something else" where green light would be used to communicate, "I really like that, no need to hesitate!" when a partner is going a bit too slowly or seems to be waiting for confirmation that things feel good. If you can't think of any situation where it would be appropriate to use these words instead of just saying what you mean, not to worry. Discuss them anyway and leave it up to your partner to decide.

Where It All Begins

This lowest chakra is the root of it all, that which connects us to the earth and makes us part of the animal kingdom. From this spot we are all able to draw up energy from the earth, like a tree with its roots buried deep in the soil. Through the food we eat that grows from the fields, the exercise we gain from walking on the ground, we are constantly taking energy from the earth, whether we are conscious of it or not. By moving this energy through our chakras, up

and out the crown of our head where it connects to the spiritual in the sky, we are able to create a circuit which can energize and heal. This circuit becomes even more powerful during sexual union, with two bodies working as one.



That Sexy Snake

The imagery of the lowest chakra is that of the Kundalini serpent, the Shakti snake wrapped three and a half times around the stiff Shiva lingam. While it is certainly possible to awaken the Kundalini alone, tantric practices which allow you to extend this energy along the spine are even more powerful when Shiva and Shakti are able to physically unite in sexual union.

Kundalini Rising

The word Kundalini literally translates as “coiled”, referring to the resting position of the energy at the base of the spine. In order to live in this physical reality and deal with our day-to-day responsibilities which keep us safe and healthy, it is necessary to keep the Kundalini in this quiet position at least some of the time. It is the dormant potential force of the entire human force, and when it is activated all at once is an incredibly ecstatic experience... but not very helpful for getting the dishes done or handing in tomorrow's report to the boss.

The energy of Kundalini rising can be incredibly disorienting and confusing to first-timers, so don't panic if it happens to you. Symptoms that indicate a Kundalini rising experience include⁵¹:

- Muscle twitches, cramps or spasms
- Energy rushes or immense electricity circulating the body
- Itching, vibrating, prickling, tingling, stinging or crawling sensations
- Intense heat or cold
- Involuntary bodily
- Alterations in eating and sleeping patterns
- Episodes of extreme hyperactivity or, conversely, overwhelming fatigue
- Intensified or diminished sexual desires
- Headaches, pressures within the skull
- Racing heartbeat, pains in the chest
- Digestive system problems
- Numbness or pain in the limbs (particularly the left foot and leg)
- Pains and blockages anywhere; often in the back and neck
- Emotional outbursts; rapid mood shifts; unprovoked episodes of fear, rage, depression
- Spontaneous vocalizations (including laughing and weeping)
- Hearing an inner sound or sounds, classically described as a flute, drum, waterfall, birds singing, bees buzzing but which may also sound like roaring, whooshing, or thunderous

noises or like ringing in the ears

- Mental confusion; difficulty concentrating
- Altered states of consciousness: heightened awareness; spontaneous trance states; mystical experiences
- Heat or tingling sensations in the head, particularly in the crown area
- Ecstasy, bliss and intervals of tremendous joy, love, peace and compassion
- Psychic experiences: extrasensory perception; out-of-body experiences; past-life memories; astral travel; direct awareness of auras and chakras; contact with spirit guides through inner voices, dreams or visions; healing powers
- Increased creativity: new interests in self-expression and spiritual communication through music, art, poetry, etc.
- Intensified understanding and sensitivity: insight into one's own essence; deeper understanding of spiritual truths; exquisite awareness of one's environment
- Enlightenment experiences: direct Knowing of a more expansive reality; transcendent awareness

You can see how this kind of experience might be a bit intense! Many practitioners believe that the worst of these symptoms are, in fact, signs of imbalances somewhere in the chakras⁵², which is why the work we have already discussed is so important. If you focus on healing your energy, physically, spiritually, emotionally and mentally before you undertake an attempt at Kundalini rising rituals, you will find only the most blissful experiences.

If you are still interested in working towards this incredible experience, try this meditation¹³ to move things along:



The root chakra at the base of your spine connects to the earth, a sexy red swelling that bulges from your perineum. Let go of anything that no longer nourishes you, compost all your worries. From the roots you send out here, the energy from the earth can enter, welcoming new sensation and penetration into your body, red hot molten earth rocks plunging into your spiritual centers. The snake is coiled her, both gorgeously sexy and frighteningly sinister, as the snake is wont to be.

As the snake rises to the second chakra it grows fatter, its skin growing tight as it pulses with the hot orange light of the 2nd chakra and the snake slides out of this old skin, born into something completely new as it crawls upward still.

In the 3rd chakra the snake is warm and comfortable in the seat of your personal power, hot and humid as the swirling sun in the center that blazes bright yellow, tiny fiery snakes for rays and the snake crawls higher.

One chakra further and the snake is wrapped tightly around your heart, rhythmically pumping not only your blood but your love and all your other emotions, softening them in your chest as they are distributed throughout your body so that your heart can fill with unconditional love and hope. Bright green leaves spring up around it as if it is curled up in a lush Garden of Eden, waiting to give you all the knowledge of gods and men.

Rising to the 5th chakra in your throat the snake fattens again, outgrowing its skin once more and filling your entire body like a tree trunk, your spine straightening as it opens its jaws wide, so that your voice is liberated. Yell, scream, cry, whisper whatever words you wish, or no words at all. Hiss and know your own truth. Cry and feel all the hurt and anguish in your body flow from your mouth and out to the earth.

One more step up into your skull, its tongue darting out through your third eye chakra, testing the air with that strange sixth sense, that unbelievable intuition. Your third eye opens, big and red like a glistening jewel reflecting a starry night sky that sparkles overhead, visions dancing before you like so many forgotten dreams.

As if your skull is an egg, the snake pushes against the resistance of your crown, finally bursting through into new life like a tiny hatchling, leaping upward with mouth gaping to catch that brilliant light in the sky, channeling it through your entire body and filling it with Universal Love. From the depths of the earth to the heights of the cosmos, the snake stretches through you and you are like a car on a track, just going along for the ride.

When the snake is full and ready to burst with light, it sheds its skin once more, this time shrinking down and slowly retreating – not too fast! – coming back into your body, unwrapping itself from your heart and returning to its resting place at the base of the spine, waiting for another chance to dance across the sky.

From the depths of the earth to the heights of the cosmos, the snake stretches through you and you are like a car on a track, just going along for the ride.

Coming Down

After such a nirvana-like experience, coming back to reality is the most important thing to remember, before you get behind the wheel or start writing Jerry-Maguire-style manifestos. While often a good dinner and a restful night's sleep is all you'll need to get back to feeling yourself, it might take a bit more conscious effort than that for truly ecstatic experiences.

Try to visit your place of peace again, this time focusing even more heavily on the "coming down" experience. Feel the Kundalini snake sliding down your spine as you drop your consciousness into your lower chakras. Visualize each of the energy centers in your body calming, slowing down and resting. Try not to close them entirely, but do what you need to be able to rest peacefully in meditation for a while. When you come back up, do so slowly and with conscious intent to leave the Kundalini snake resting where she belongs for now.

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Chapter

11

The Yoga of Tantra





Yoga is a natural warm-up to regular sexual intercourse and learning new positions with your partner can lead to some very interesting sexual acrobatics! Even if you are only physically able to maneuver into a few of these positions, with a little practice and lots of energy you be able to learn something new every day!

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The Warm-Up

In tantric yoga, “the body is your temple” and so experts suggest practicing these techniques with your partner, preferably in the nude⁴¹. This gives you the chance to not only see each other’s (and your own) bodies as they are, but see them change as your health increases and you grow closer to each other. These exercises are best done on a flat, solid surface like a hard floor, so get a yoga mat or bear-skin rug to help keep you comfy.

Forward Bend

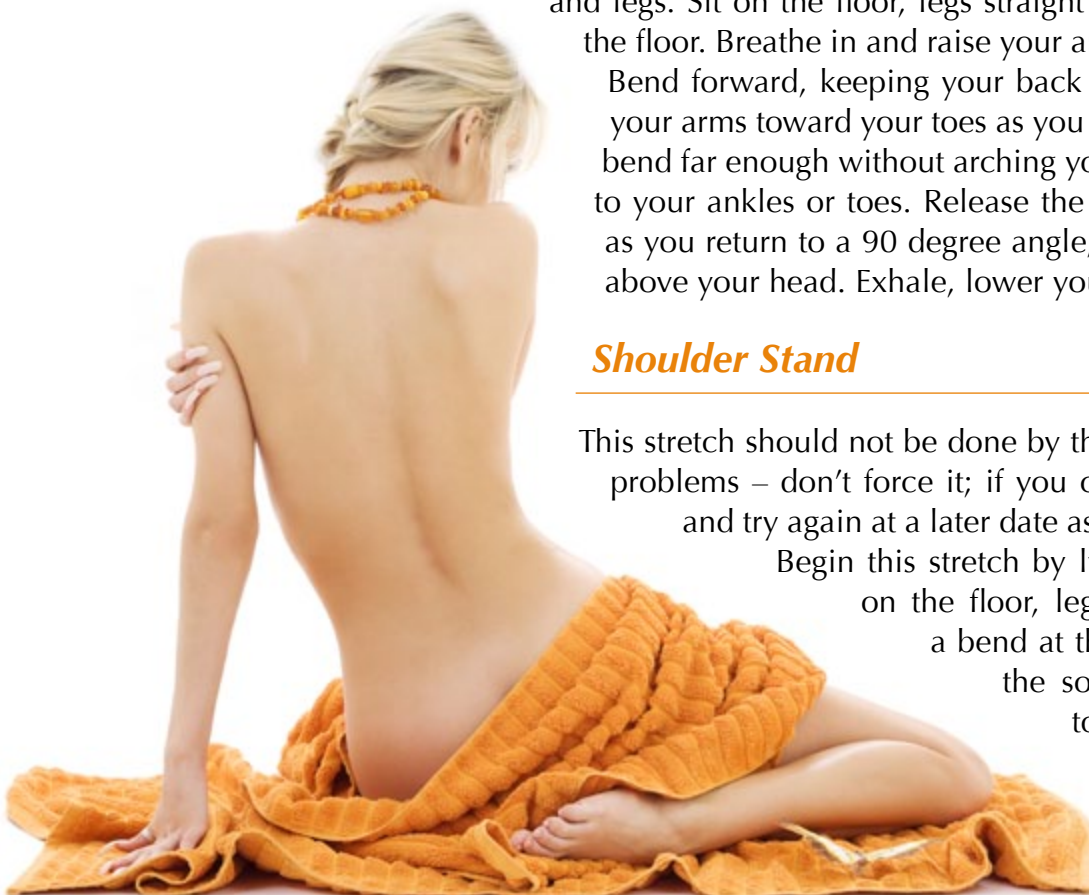
Just as it sounds, this is a simple seated bend to stretch the back and legs. Sit on the floor, legs straight out in front of you on the floor. Breathe in and raise your arms out in front of you.

Bend forward, keeping your back straight and stretching your arms toward your toes as you breathe out. If you can bend far enough without arching your back, try to grab on to your ankles or toes. Release the stretch and breathe in as you return to a 90 degree angle, your arms coming up above your head. Exhale, lower your arms and relax.

Shoulder Stand

This stretch should not be done by those with neck or back problems – don’t force it; if you can’t make it, ease out and try again at a later date as your fitness improves.

Begin this stretch by lying flat on your back on the floor, legs together. Breathe in a bend at the knees, first bringing the soles of your feet close to your bum, then rolling your lower back toward the ceiling using your arms and ribcage for



support. With your hands on your lower back and your elbows on the floor, raise your legs until they are pointing straight up to the sky, with your chin tucked in toward your chest and your weight supported by your shoulders.

Exhale and if you can, lower your legs over your head until your toes touch the floor. Take a few deep breaths and relax. Now slowly begin to roll your spine, one vertebra at a time, until your bum touches the floor and your legs stick up toward the ceiling again at a 90 degree angle. Keep your abdomen tight and slowly lower legs to the floor, keeping them straight if you can, or bending at the knee if you have lower back soreness. Relax here and breathe.

The Fish

This is a great follow-up to the Shoulder Stand, reversing the stretch and balancing the body. Once again begin by lying flat on your back on the floor with your arms resting beside the body. Inhale and raise your upper body off the floor, arching your back and supporting yourself on the elbows, bent at about a 90 degree angle. Allow your head to hang back gently, resting your crown on the floor, taking a few deep breaths. Inhale again; lifting up slightly with the elbows and rolling the lower back, spine and neck back toward the floor into a resting position. Relax.

The Cat & the Cow

These two complimentary moves are excellent for spinal health. Begin in a comfortable position on all fours, knees bent at 90 degrees, fingers pointing forward, tops of your feet touching the floor. On the inhale, jut both the chin and buttocks out and arch the back so the stomach pushes toward the floor, holding for a brief moment. Next, exhale and tuck the chin under toward the chest and the buttocks into the thighs, rounding the back so it curves toward the ceiling and the stomach pulls in tight. Hold this for a moment, and then repeat the entire sequence several times in a continuous rolling motion.

The Cobra

This stretch is great for the lower back and arms, and incredible workout to help build the strength it takes to be on top, whoever it is who takes that position! It begins lying flat on the floor, this time on your stomach, with your forehead touching the ground and your palms on either side of your face near your shoulders, elbows bent. On the inhale, expand the chest and rolling upward, supporting yourself with your lower back, your hands a back-up and not the main strength in the stretch. Pull your head and shoulders up, straightening the arms but not locking the elbows. Hold briefly then exhale, rolling slowly back down until your forehead touches the floor. Relax completely before repeating.

The Bridge

This is an incredibly stretch for opening up the groin muscles, which most of us never even think to stretch, allowing better access for both our partner and our own sexual energy to circulate. Begin lying on your back, knees bent and feet flat on the floor near your bum, arms straight by your side. Oh the inhale, slowly raise your pubic bone up until you are support on your shoulders, feet still flat on the floor, your chest, abdomen and thighs making a straight line from the floor to your knees as you tuck your bum under and arch your back ever so slightly. Keep your neck relaxed and your shoulder blades on the floor at all times. After holding briefly, exhale and slowly roll back toward the floor one vertebra at a time until your buttocks comes back to the floor.

The Twist

Another great stretch for the spine, this move begins in a seated position on the floor, legs straight out in front just like our first stretch. Keeping your arms at your side for support, tuck the stomach in and inhale, bending your right knee and lifting your right foot to cross it over and place it on the floor on the outside of your left knee. Place your left arm straight out in front of you, on the outside of your right knee and with a straight back and relaxed shoulders, turn your head to the right to look over your right shoulder, causing your left arm to press gently against your left knee.



Take a few breaths in this stretched position and then on the following inhale, slowly return to the center and relax. Repeat in the opposite direction.

Foreplay Positions

Once you are all limbered up and feeling energized, take a few moments in these relaxed positions just to touch and hold each other. These are excellent for the exercises discussed in the God and Goddess Night sections because they allow for long periods of deep intimacy and access for caressing the entire body in relaxed postures.

Kneeling Before the Breath

These two kneeling positions are perfect for moving from yoga to foreplay, allowing you both to focus on the breath and cultivating the Kundalini. First, kneel behind your lover with your legs spread so she can position herself buttocks between your thighs. As she rests her hands gently in her lap, you bring your palms up to the base of her rib cage, holding her solar plexus and focusing on synchronizing your breath. Focus on one filling the lungs fully, breathing deep into the belly and filling them all the way to the top of the ribcage, then expelling that air from the top all the way down, hollowing the belly. When your breathing is in synch, focus together on a single thought, perhaps about the desired experience you will have in your lovemaking or your goal if you are attempting to create a “magical child” or effect change in the world.

Once you have connected on this level of intention, turn so you kneel facing each other. You may wish to practice the affirmation we discussed earlier, but you can also simply touch each other’s heart chakra and continue breathing deeply as you look into each other’s eyes. From here, explore touching each other gently and caressing.

Tiryak Position

This side-by-side position allows for great access to all of your partner’s body and she to yours. In this position, your partner lies on her side with her bum facing you, her head toward your feet. Each of you props yourself up on one arm, so you can turn your torso to slightly face the other. With each of you on your side in this position, you can reach her breasts and most of her body, including her vulva and sacred chamber, and she can also turn to touch your lingam with her free hand. Stay in this position caressing each other for as long as you desire.

Sexual Yoga

The logical extension of all this maneuvering is to allow you to get into all kinds of hot positions! Let your imagination run wild, or pick up a copy of the Kama Sutra for even more inspiration. My book [Orgasmic Sex Positions](#) covers each of these and more for endless nights of long-lasting

lovemaking. Most importantly, don't forget to slow down and breathe in each of these positions, or you're bound to get carried away in the ecstasy.

Woman on Top

Also called the "Shakti dominant" positions; woman-on-top is great when your lover wants a chance to be in charge, control the depth and angle of penetration, as well as extending the length of your lovemaking by allowing her to slow things down for you. She can face toward you or away, keep her legs parted or together on one side, support herself on her own arms or allow your hands to support her, play with herself or with you! Woman-on-top positions allow for some great face-to-face time for kissing and cuddling during or afterward.

Man on Top

Male dominant positions allow for an incredible amount of pleasure for women who prefer deep penetration, giving you the chance to turn her on with the force of your body holding her down, or play with her clit or breasts, or even just look in her eyes and caress her hair. From the standard missionary position, she can also raise her knees up toward her chest allowing you to go deeper, supporting you with her upper body strength or allow you to hold on to her upper arms for more leverage.

In these positions, she can use yoga moves like the Shoulder Stand and The Bridge to create elevation. For an even deeper penetration, have her lift her legs straight up and rest them on your shoulders, holding on to her hips while you thrust.

From Behind

Getting into the animalistic positions can be difficult for some body type, but well worth the effort if you can make it work. Whether you are simply using your position to hold her hips tight, finger her clit or rub her breasts, the base nature of these moves taps right into her root chakra, sending the energy shooting up her spine. To give her an extra energy boost try running your hand up her spine to coax the Kundalini along its length from her bum all the way to the crown of her head. If she is into it, you can hold the nape of her neck or grab her hair close to the root for extra leverage.

Seated Positions

These are the positions that Tantra is most famous for, allowing for long, luxurious meditations and full access to your lover's body... and her to yours. This kind of maneuvering is easiest with some kind of [furniture](#) dedicated to your lovemaking, as most beds and chairs just aren't designed for this kind of seated posture. If all else fails, however, a pair of large pillows to help raise you up off the surface of bed or floor will make things a bit easier.

Getting into the animalistic positions can be difficult for some body type, but well worth the effort if you can make it work.

These positions aren't designed for vigorous thrusting; no, these are for those nights when you want to make love as long as possible, her holding your lingam tight inside her yoni and the both of you gently rocking back and forth.

Standing Up

These positions are not for the faint of heart! Take your time working up to them, because they take not only a lot of stamina, but a good amount of upper body strength from you both. Use a step (or a chair, or a bed) to make up for any height difference you may have, and from here she can mount you either with one leg raised, or both. Have her place her arms around your neck and shoulders, then use your hands to support her legs, holding on to her feet against your upper thighs, her knees splayed out to the side. You can hold her knees against your sides with your arms, or she can keep her knees outside your arms, spreading herself open wider. When you have reached optimal back strength, have her link her legs behind your back, hold your hands tightly and both of you lean back, using your leverage to enjoy each other's bodies.

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Chapter

12

Keeping It Up



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e've talked about a lot of different techniques for practicing these sacred sexual arts in short, simple exercises, but there is so much more that tantra can give to your relationship through the use of in-depth applied meditations and rituals. These sexual sacraments are designed to energize your chakras especially for lovemaking, to encourage intimacy and to make magic.

The Dancing Dakinis

The word dakini is a Sanskrit term that translates as "sky dancer". These spirits were seen in several forms, always female (the masculine is daka), dancing erotically. They are graceful, delicate picture-perfect female forms of great and absolute beauty and through them we can envision the personified sexual energy in each of the seven major chakras⁵³.

Now that we have learned about each chakra, we are going to build the energy from the bottom up, creating a channel of sexual excitement along the spine to entice the Kundalini into rising. This ritual is excellent to practice alone before ritual work begins, or to read aloud to your partner as you are preparing your sacred space. Lie down comfortably with your body supported at the neck, the small of the back and under the knees or ankles with small pillows or rolled towels to help you relax but stay awake and aware.

The Earth

The dakini of the 1st chakra lies sleeping at your root, cloaked in the reds, browns and greens of the earth. As you focus on her, she begins to dance the story of the changing seasons – winter, spring, summer and fall. You will see in her Mother Earth, Gaia in her most feminine form; your wife should envision this dakini as her own truest form, the woman she ultimately desires to be. As her dance ends, she slips back down and falls into a restful sleep.



The Veil

In the genital sphere, the dakini of the 2nd chakra glows with a deep violet light as she sits with her eyes closed and legs crossed in peace. When she rises, smiling, she begins the dance of Universal attraction. She wears many veils, dropping away one by one as she twists and turns until she is fully nude, showing to you complete desire, and to your wife total love. She sits back down in meditative pose and closes her eyes once more.

The Flame

Located in the solar plexus where the 3rd chakra stores its power, this fiery dakini is surrounded by a blazing sun of red, orange and yellow. She dances a warrior's dance, clad in golden armor and full of blazing youthful energy, weapon always at the ready. She represents both your own masculine strength and your wife's inner feminine power, your courage in the face of fear. She finishes her dance, standing straight and tall, sword at her side.

The Rose

In the heart center, the dakini of the 4th chakra is clad in pinks and reds and amber, delicate like the soft petals of her namesake flower. She dances with tenderness and sweet, gentle love, arousing those feelings in each of us. For you she is gentleness without any sense of weakness, and for your wife she represents love that holds true. As her dance ends, she opens her arms to embrace you and holds you as she drifts into sleep.

The Frenzy

The dakini of the 5th chakra is quick and nimble, cloaked in a lavender aura and clad in silver clothes, twisting and leaping so quickly it is nearly impossible to catch a proper glimpse of her true form. For both you and your wife she is the gift of a silver tongue, of well-timed speech. When she stops, it is as if time itself has stopped as she stands motionless, waiting.

The Dreamer

The dakini of the 6th chakra is a vision in emerald green, floating trance-like in your third eye where her dance creates the most beautiful of dreams. To both you and your wife she will give visions of the future and the past, hope and insight into life's mysteries. She does not sleep, or stop, but moves endlessly in her own rapture.

In the heart center, the dakini of the 4th chakra is clad in pinks and reds and amber, delicate like the soft petals of her namesake flower. She dances with tenderness and sweet, gentle love, arousing those feelings in each of us.

The Fontanelle

Pale glitter gold, the dakini of the 7th chakra sleeps endlessly in your crown. Her beauty is unrivaled and though it is within your reach to wake her, only the most profound Kundalini experiences will allow her to bestow her wisdom.

Love Rituals

There are as many different rituals of love as there are lovers out there, but for effective and life-changing experiences, certain formulas have been followed by spiritual practitioners and secular couples alike. Whether you are using your love rituals as means to communicate and honor the Divine, or as stories through which to better understand yourselves and your relationship, these steps will help make your love rituals something worth putting your time and effort into.

Preparing Sacred Space

Before your time together with your wife begins, it is incredibly important to prepare the space you will be in for something special. Clean away any dirt or clutter and cover hard surfaces with soft, sensual fabrics. Move furniture and knick knacks out of the way so you have space to move about freely. Take away electronic distractions like the TV, radio, telephone and clock and replace them with natural accents like plants and flowers, pieces of artwork and lush pillows. Pay very special attention to the lighting in the room, which should be soft and subtle. Cover lamps with rich-colored scarves or light a few scented candles. Don't skimp on atmosphere! Turn on a bit of music and set out some finger foods and drinks, but try to go easy on the alcohol. Be sure to arrange any [massage oils](#), [sex toys](#) and [lubricants](#) on a small table close by.

Cleanse & Consecrate

When you are ready to begin the ritual, it is important to start with a clean slate. Do not bring any ill emotions, fear or negativity into your sacred space. Take some time together to bathe and clean your bodies. When the two of you first enter your "ritual chamber", relax and simply breathe together. Visualize all your tension and negativity draining out of your body and into the earth. Breathe together, hold hands and perform that affirmation to get yourselves into sacred space.

Come to each other as lovers and bless your bodies using the following greeting, a twist on a traditional magical act called The Five-fold Kiss⁵⁴.

Honoring the Feminine:

- Kiss her feet: "Blessed be thy feet, that you may come to the Sacred Places";
- Kiss her sex: "Blessed be thy sex that fills the well of Sacred Spaces";
- Kiss her heart: "Blessed be thy breast, that your heart beats with the Sacred Drums";

- Kiss her lips: “Blessed be thy lips, that you may speak in Sacred Tongues”;
- Kiss her 3rd eye: “and Blessed be thy mind, that you may see with Sacred Eyes”.

Honoring the Masculine:

- Kiss his feet: “Blessed be thy feet, that you may come to the Sacred Places”;
- Kiss his sex: “Blessed be thy sex, that lights the flame of Sacred Spaces”
- Kiss his heart: “Blessed be thy breast, that your heart beats with the Sacred Drums”;
- Kiss his lips: “Blessed be thy lips, that you may speak in Sacred Tongues”;
- Kiss his 3rd eye: “and Blessed be thy mind, that you may see with Sacred Eyes”.

Honoring the God & Goddess

After you have honored each other as divine, it is time to consider what kind of deities you wish to pursue in this sacred experience. A bit later on in this chapter we will discuss some particularly pertinent mythologies which make sacred sexual experiences especially powerful, but for now try to think about any stories – ancient or otherwise – which resonate with you and your lover. These stories don’t have to be about Gods and Goddesses... anything that honors the sacred masculine and feminine energies in your life will do! What is your favorite fairy tale? Honor these energies by naming them out loud. Give thanks, for each other and for this divine influence in your life.

Relaxing & Connecting

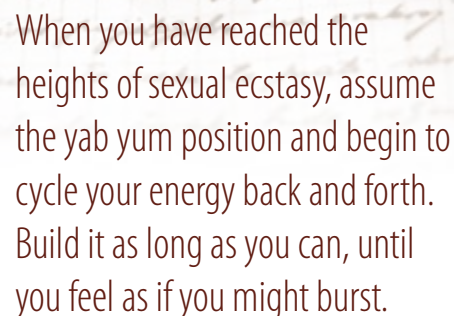
Give each other a short 5-minute massage and then work through the stretches we discussed earlier on. Breathe deeply and look into each other’s eyes. Dance, hum, chant or sing with each other. Meditate on the chosen mythology or play a back-and-forth word association game that lets you explore the story with a creative,



open mind and talk to each other about what the story makes you think and feel.

Energy & Focus

When you feel turned on and connected, it's time to take the energy up a notch. You may want to increase the frenzy in your dancing and chanting, but you can also get right into the heat of it! Work up slowly like in your practice exercises – first, take some time to honor your Goddess, allowing her to take on the role wholeheartedly, and then turn the tables to allow her to work up your sexual energy. When you have reached the heights of sexual ecstasy, assume the yab yum position and begin to cycle your energy back and forth. Build it as long as you can, until you feel as if you might burst.



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Release & Renew

When you are ready to feel the sweet release of ultimate ecstasy, focus completely on each other. Look into each other's eyes and allow the moment to completely overtake you. At the moment that your bliss reaches its peak, send all your shared energy out into the Universe – towards a shared goal, in gratitude to the Divine power that brought you and your wife together, or simply in love and devotion to your partner. Hold each other close in the afterglow and enjoy the safe space you have shared.

Weekly, Monthly & Yearly Rituals

Freya's Day

Fridays are associated with the Goddesses of Love – Roman Venus, Aphrodite of Greece, and the Norse Freya. These strong mythological figures of both love and war were worshipped weekly on this day with rituals in their honor. How lucky is it that this is the modern era's "date night"? After a long week of hard work, what better way to recharge than in the loving arms of your partner?

The Moon Goddesses

Your wife's body is intrinsically linked to the cycles of the moon, so recognizing and celebrating these cycles is incredibly important for her embodied spiritual experience. The moon is a powerful influence on the earth, controlling the tides with its gravitational pull. The waning and especially the dark moon is the best time of the month to focus on banishing or getting rid of bad habits and other negative aspects of your life. The new moon is a great time for beginnings and the waxing moon is perfect to grow positive influences. The full moon is of course the day of the

month most pregnant with possibility for manifesting wholeness. Allow these influences to help you plan sexual rituals and enchanted experiences.

The Solar Gods

While the feminine cycles work on a monthly schedule, the cycle of masculine influences is associated with the sun and takes an entire year to run full course. In the springtime, the God is young and virile, full of promise and flirtation. As he romances the young maiden Goddess, his seed spills onto the ground and blooms into summer fruits and flowers. In the heat of the late summer months, they mature, the Goddess grows ripe with the God's child and the fruits of their labor are harvested. The crisp coolness in the air suggests the waning energy of an aging King however and like in the ancient days, the old King falls and dies with the dried grains just like the "little death" of the terminal orgasm. The Goddess weeps for her lost husband, but in the cold winter she is comforted by the birth of a new son (on the longest night of the year, the winter solstice) who will renew her to the young maiden and himself grow into the young God of spring to repeat the cycle all over again!



Celebrating this cycle through rituals on the solar holidays – the spring equinox (March 21st), the summer solstice (June 21st), the autumnal equinox (September 21st) and the winter solstice (December 21st) – gives you and your lover an opportunity to get in touch with the cycles of the seasons and understand the ancient rites of your ancestors who lived without the luxury of modern science and convenience, who held each other and cuddled in the cold of winter, perhaps not even sure if the spring would come again, let alone if they would have enough food to eat and wood to burn until the warmth returned. Hold your lover tight and tune in to this energy as you make love to last a lifetime.

Renewing Your Vows

If you only perform one sacred sexual ritual each year let it be a renewal of your wedding vows. On the anniversary of your wedding, spend the day reflecting on the year that has passed, all of your triumphs and any failings. Have you met your goals for the last year? Celebrate all of the good times you've had and forgive each other for the bad times.

The following day, at the very beginning of your next year together, make plans to spend several hours together working towards the goals of your new year. Think about all the good times

you want to have with each other in the future and make those the energy focus of your ritual. Don't simply repeat the vows from your wedding day to each other, only use them if they still define the relationship you wish to have today and going forward. Feel free to write something that further defines how you feel about each other and what you commit to each other.

Try to use significant objects from your marriage to in the ritual – a special goblet of wine, your wedding rings, costumes or your wife's wedding dress. All these things will bring an extra sense of ritual to each year's celebration as you renew your commitment to one another and share your love in a sacred place.

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Sacred Sexual Mythologies

I mentioned earlier that just about any story that honors your view of the sacred masculine and feminine aspects can be used for exploring mythology in your rituals, but there are definitely a few that shine when the idea comes to mind. These myths aren't just useful for sacred sexual workings nowadays, but have been used in such a way for hundreds, often thousands of years. That's a lot of history with a lot of power behind it!

Let that energy help guide you along your own journey towards an understanding of sacred sexuality. Research the deities, look at art depicting them, read poetry in their honor. For these more serious rituals, you may find it helpful to avoid sexual intercourse for the week leading up to the event to encourage the buildup of sexual energy. Use the Dancing Dakini meditation to help facilitate this retention.

Shakta & Shakti

Earlier we spoke of "Shiva and Shakti", but that wasn't entirely accurate. Or rather, it was accurate, but only in one sense. Hindu mythology is incredibly complicated, with thousands of different gods and goddesses. Many of these gods (shakta) and goddesses (shakti) are seen as different incarnations of a few specific deities.

The gods Brahma, Vishnu and Shiva can be seen as the aspects of birth, life and death or transformation in this pantheon and each has a female consort. Saraswati, Lakshmi and Kali are the matching goddesses, each part of their consorts and yet whole in and of themselves. All of these deities are said to have incarnated in many different forms of the thousands of years of their worship and thus are also known by many other names.

The ritual to honor these gods and goddesses should take an entire day, with the three ejaculations

spanning a total of 12 hours. Work to keep the energy flowing between each ritual by enjoying each other's company and spending your time flirting and transitioning from one ritual to the next. You will probably want to plan so you have a full day afterward to recover your strength.

At sunrise you should hold ritual space to honor Brahma and Saraswati, focusing on the symbols of creation and the spark of new love. Focus on the deities, radiantly gold and surrounded in energy of golden light, giving you both the power to take on the archetypes of masculine and feminine power.

Vishnu and Lakshmi are the couple which preserves life, their ritual taking place at the height of the noonday sun. He is colored a deep blue and his symbol is the conch shell. Lakshmi is very similar to Aphrodite, radiantly red and white and said to be more beautiful than even the rising sun. She holds a lotus flower as her symbol and her union with her shakta perfects the art of love in all forms.

Shiva is transcendent of all life, above the physical realm and located purely in the consciousness where he conquers the mortal coil in the death of the setting sun. His consort Kali is she who liberates us from this physical realm to join with her lover. He is pure white and she the darkest black, his symbol the trident and hers the sword; she is often picture squatting over him in sexual union as she takes his life with her sword. After three ejaculations, you should seriously resemble the god of death!

Isis & Osiris

These bright, shining Egyptian twins were born to be married, King and Queen of civilization and agriculture. They have siblings, another set of twins (Nephthys and Set) who were destined

to rule over the underworld. After Osiris (with his as-yet childless wife's permission) bore a son with his brother's wife, Set became violently jealous of his brother and tore him into many pieces, scattering them across the empire. As Set usurped the throne and ruled in his brother's stead, Isis and her husband's son Anubis searched the world for the missing body parts. They found them all, save his phallus which was eaten by a fish. Taking the parts to a safe place, she fashioned a lingam out of gold and made it flesh by her magical powers. She breathed new life into her once-dead husband through a sacred sexual act which



impregnated her with her first and only son, Horus, who was born to avenge his father and overthrow the throne once more.

These are the words she spoke⁵⁵:

Oh! Amon-Ra
Oh! God of Gods
Death is but the doorway to new life
We live today
 we shall live again
In many forms shall we return
 Oh, mighty one.

This mythology is a wonderful sacred sexual story to use when you are trying to “give birth” to something new in your relationship, manifesting new ideas, concepts, emotions or physical things in your life. During this ritual, you should lay prone and allow your wife to build the energy between you in a woman-on-top position, directing the energy at the conclusion and resting on your chest so you can both visualize the desired outcome until sleep overtakes you both.

Pan in Pursuit

The Great God Pan has been around since the dawn of time, though he may not have been named such then. He is the goat-footed God of panic and pastures, patron of shepherds and raucous parties where he and the fauns and nymphs would stomp their hooves and drink their wine and dance all night through. He revels in drink and debauchery and is famous for his exploits, chasing down young maidens and having his way with them.

One of the most famous myths is that of Pan and Selene, the moon Goddess. It was said that he tried to woo her for ages, but she always refused. One night, he put on a disguise of white ram skins to cover his “common” goat-hairy legs and hooves. He brought her an entire herd of white oxen as a gift and when she consented to his courting by coming down from the sky, he took her by surprise and they made violent love until the sun rose.

Pan’s lessons are that of passion and panic, the joy of the chase and the great pursuit. If you need more passion in your life, if your sex life seems to be missing some spark, Pan will help to show you the way to flirtation, how to stalk the wild romance and allow sexual tension to culminate in sensual surrender. Use stories and poetry like the one that follows to get you in the mood for this kind of lusty loving.

*Selene’s Seduction*⁵⁴

He was a God of the earth,
receiving all the love he was worth...
but not from I, looking down from the sky
as he gazed upon my girth.

His first advances I refused,
but Pan would not take recuse!
Night after night he considered his plight
till he conjured a brilliant ruse...
He came disguised in white ram's skin
with a gift of a herd of white oxen.
He knew what he wanted, and knew he had got it...
I could tell by that cocky damn grin!
He carried me perched on his back
to his forest grove, deep and black.
He stood before me, in all of his glory
and I braced myself for his 'attack'.
He came strong and breathless and violent
and though I did all I could to keep silent
with his hands on my hips, wrenched a cry from my lips.
First my body, then my heart gave consent.
Our bodies united as one,
we greeted the rising sun.
The birds and the bees, the flowers and trees
all witnessed our Rite of passion.
He ravished me till we were spent,
and now I share with you that moment.
Once 'wise men' said "The Great Pan is dead"!
but those of us here know diff'rent.

Inanna the Kingmaker

Inanna is one of the oldest love goddesses we have the history to know. As the great goddess of sex and war, she descended to the underworld to challenge her sister for her throne. Her priestesses were temple prostitutes who took on the role of the great goddess as a civil service. The High Priestess of her temple was known as the Kingmaker. Every year as a celebration of the first day of spring, the people would gather at the steps and in the fields while the King and the High Priestess would enact the Great Rite, also called the Heiros Gamos or the Sacred Marriage on the main altar for all to see, she taking on the role of Goddess and accepting him as the rightful King by allowing him to take on the role of Inanna's husband Dumuzi⁵⁶. This ritual language may seem strange, but even if you only take inspiration from its words, there are thousands of years of power and sexual strength behind its enactment. Use it wisely!

The Marriage of Inanna and Dumuzi⁵⁷

Inanna spoke:

"What I tell you

Let the singer weave into song.
What I tell you,
Let it flow from ear to mouth,
Let it pass from old to young:
My vulva, the horn,
The Boat of Heaven,
Is full of eagerness like the young moon.
My untilled land lies fallow.
As for me, Inanna,
Who will plow my vulva!
Who will plow my high field!
Who will plow my wet ground!
As for me, the young woman,
Who will plow my vulva!
Who will station the ox there!
Who will plow my vulva!"

Dumuzi replied:

"Great Lady, the king will plow your vulva.
I, Dumuzi the King, will plow your vulva."

Inanna:

"Then plow my vulva, man of my heart! Plow my vulva!"
At the king's lap stood the rising cedar.
Plants grew high by their side.
Grains grew high by their side.
Gardens flourished luxuriantly.

Inanna sang:

"He has sprouted; he has burgeoned;
He is lettuce planted by the water.
He is the one my womb loves best.
My well-stocked garden of the plain,
My barley growing high in its furrow,
My apple tree which bears fruit up to its crown,
He is lettuce planted by the water.
My honey-man, my honey-man sweetens me always.
My lord, the honey-man of the gods,
He is the one my womb loves best.
His hand is honey, his foot is honey,
He sweetens me always.
My eager impetuous caresser of the navel,

My caresser of the soft thighs,
He is the one my womb loves best,
He is lettuce planted by the water."

Dumuzi sang:

"O Lady, your breast is your field.
Inanna, your breast is your field.
Your broad field pours out plants.
Your broad field pours out grain.
Water flows from on high for your servant.
Bread flows from on high for your servant.
Pour it out for me, Inanna.
I will drink all you offer."

Inanna sang:

"Make your milk sweet and thick, my bridegroom.
My shepherd, I will drink your fresh milk.
Wild bull, Dumuzi, make your milk sweet and thick.
I will drink your fresh milk.
Let the milk of the goat flow in my sheepfold.
Fill my holy churn with honey cheese.
Lord Dumuzi, I will drink your fresh milk.
My husband, I will guard my sheepfold for you.
I will watch over your house of life, the storehouse,
The shining quivering place which delights Sumer—
The house which decides the fates of the land,
The house which gives the breath of life to the people.
I, the queen of the palace, will watch over your house."

Dumuzi spoke:

"My sister, I would go with you to my garden.
Inanna I would go with you to my garden.
I would go with you to my orchard.
I would go with you to my apple tree.
There I would plant the sweet, honey-covered seed."

Inanna spoke:

"He brought me into his garden.
My brother, Dumuzi, brought me into his garden.
I strolled with him among the standing trees,
I stood with him among the fallen trees,
By an apple tree I knelt as is proper.

Before my brother coming in song,
Who rose to me out of the poplar leaves,
Who came to me in the midday heat,
Before my lord Dumuzi,
I poured out plants from my womb.
I placed plants before him,
I poured out plants before him.
I placed grain before him,
I poured out grain before him.
I poured out grain from my womb."

Inanna sang:

"Last night as I, the queen, was shining bright,
Last night as I, the Queen of Heaven, was shining bright,
As I was shining bright and dancing,
Singing praises at the coming of the night--
He met me--he met me!
My lord Dumuzi met me.
He put his hand into my hand.
He pressed his neck close against mine.
My high priest is ready for the holy loins.
My lord Dumuzi is ready for the holy loins.
The plants and herbs in his field are ripe.
O Dumuzi! Your fullness is my delight!"
She called for it, she called for it, she called for the bed!
She called for the bed that rejoices the heart.
She called for the bed that sweetens the loins.
She called for the bed of kingship.
She called for the bed of queenship.

Inanna called for the bed:

"Let the bed that rejoices the heart be prepared!
Let the bed that sweetens the loins be prepared!
Let the bed of kingship be prepared!
Let the bed of queenship be prepared!
Let the royal bed be prepared!"
Inanna spread the bridal sheet across the bed.
She called to the king: "The bed is ready!"
She called to her bridegroom: "The bed is waiting!"
He put his hand in her hand.
He put his hand to her heart.
Sweet is the sleep of hand-to-hand.

Sweeter still the sleep of heart-to-heart.

Inanna spoke:

"I bathed for the wild bull,
I bathed for the shepherd Dumuzi,
I perfumed my sides with ointment,
I coated my mouth with sweet-smelling amber,
I painted my eyes with kohl.
He shaped my loins with his fair hands,
The shepherd Dumuzi filled my lap with cream and milk,
He stroked my pubic hair, He watered my womb.
He laid his hands on my holy vulva,
He smoothed my black boat with cream,
He quickened my narrow boat with milk,
He caressed me on the bed.
Now I will caress my high priest on the bed,
I will caress the faithful shepherd Dumuzi,
I will caress his loins, the shepherdship of the land,
I will decree a sweet fate for him."
The Queen of Heaven,
The heroic woman, greater than her mother,
Who was presented to me by Enki,
Inanna, the First Daughter of the Moon,
Decreed the fate of Dumuzi:
"In battle I am your leader,
In combat I am your armor-bearer,
In the assembly I am your advocate,
On the campaign I am your inspiration.
You, the chosen shepherd of the holy shrine,
You, the king, the faithful provider of Uruk,
You, the light of An's great shrine,
In all ways you are fit:
To hold your head high on the lofty dais,
To sit on the lapis lazuli throne,
To cover your head with the holy crown,
To wear long clothes on your body,
To bind yourself with the garments of kingship,
To carry the mace and sword,
To guide straight the long bow and arrow,
To fasten the throw-stick and sling at your side,
To race on the road with the holy sceptre in your hand,
And the holy sandals on your feet,

To prance on the holy breast like a lapis lazuli calf.
You, the sprinter, the chosen shepherd,
In all ways you are fit.
May your heart enjoy long days.
That which An has determined for you--may it not be altered.
That which Enlil has granted--may it not be changed.
You are the favorite of Ningal.
Inanna holds you dear."
Ninshubur, the faithful servant of the holy shrine of Uruk,

Led Dumuzi to the sweet thighs of Inanna and spoke:

"My queen, here is the choice of your heart,
The king, your beloved bridegroom.
May he spend long days in the sweetness of your holy loins.
Give him a favorable and glorious reign.
Grant him the king's throne, firm in its foundations.
Grant him the shepherd's staff of judgment.
Grant him the enduring crown with the radiant and noble diadem.
From where the sun rises to where the sun sets,
From south to north,
From the Upper Sea to the Lower Sea,
From the land of the huluppu-tree to the land of the cedar,
Let his shepherd's staff protect all of Sumer and Akkad.
As the farmer, let him make the fields fertile,
As the shepherd, let him make the sheepfolds multiply,
Under his reign let there be vegetation,
Under his reign let there be rich grain.
In the marshland may the fish and birds chatter,
In the canebrake may the young and old reeds grow high,
In the steppe may the mashgur-trees grow high,
In the forests may the deer and wild goats multiply,
In the orchards may there be honey and wine,
In the gardens may the lettuce and cress grow high,
In the palace may there be long life.
May there be floodwater in the Tigris and Euphrates,
May the plants grow high on their banks and fill the meadows,
May the Lady of Vegetation pile the grain in heaps and mounds.
O my Queen of Heaven and Earth, Queen of all the universe,
May he enjoy long days in the sweetness of your holy loins."
The king went with lifted head to the holy loins.
He went with lifted head to the loins of Inanna.
He went to the queen with lifted head.

He opened wide his arms to the holy priestess of heaven.

Inanna spoke:

"My beloved, the delight of my eyes, met me.
We rejoiced together.
He took his pleasure of me.
He brought me into his house.
He laid me down on the fragrant honey-bed.
My sweet love, lying by my heart,
Tongue-playing, one by one,
My fair Dumuzi did so fifty times.
Now, my sweet love is sated.

Now he says:

'Set me free, my sister, set me free.
You will be a little daughter to my father.
Come, my beloved sister, I would go to the palace.
Set me free...'"

Inanna spoke:

"My blossom-bearer, your allure was sweet.
My blossom-bearer in the apple orchard,
My bearer of fruit in the apple orchard,
Dumuzi-abzu, your allure was sweet.
My fearless one,
My holy statue,
My statue outfitted with sword and lapis lazuli diadem,
How sweet was your allure...."

THE
Tantric
TOUCH

Chapter
13

Endless Ecstasy



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ometimes we learn new things and get really excited to master, but don't really have the chance to implement into our lives. My goal has always been to write informative books with practical advice for life-long continued learning. Tantra is different and it's sometimes esoteric and mystical philosophies, while fun and sexy, might seem difficult to carry forward on your own. On the off-chance that you ever run out of hot mythologies to explore together, there are always new and interesting rituals to work with for life's most important journeys.

The Circle of Life

Life and death are serious concepts and shouldn't be approached lightly without concern for the spiritual ramifications. The following rituals are about addressing life beyond the veil, first to bring a new soul into the world and second to ensure karmic ties between two people who wish to rediscover each other on the other side.

Calling a Soul

The Mother is perhaps the original deity, she from which all else has been born⁵³. She has been worshipped for millennia the world over and is the source of all fertility. You may already have children, but if you ever consider bringing another life into the world, you should considering being purposeful about it with a sacred sexual ritual. Whether you believe in reincarnation or

not, the act of bringing a child into the world is a sacred and incredible miracle of life that should be taken on only with great consideration.

Aside from the incredible importance in cleansing the body before attempting conception by following the nutritional advice I gave in the warming up exercises earlier, it is important to abstain from sex for an entire month leading up to this ritual while undertaking four weeks of spiritual preparation. During the first week, you should both focus your meditative time on calling out to the Mother Goddess, offering yourselves as a gateway for the



manifestation of new life and ask that a soul that you can love and cherish with a sacred purpose. During week two, your meditations should reveal to you a mental picture of the soul who will come to you for manifestation in the form of swirling, colored energy.

In the third week you should focus on the astral level and the blueprint for your sacred marriage. Try not to imagine the gender of your child-to-be, but rather the deeper aspects of your relationship and what it will mean in your lives together. Picture the androgynous energy form as it moves closer to the physical realms and take turns as you meditate with your partner, holding this form close and sending love. In the final week, bring this soul one step closer to the physical realm by imagining it in the real world. Visualize the sperm and egg cells as healthy and prepared to deliver whatever genetic material the soul you have called requires to manifest. Visualize the womb as a beautiful home ready to hold and develop a perfect pearl in its depths. When you finally join in union, the joining of egg and sperm should be the entire focus of the experience... and remember if at first you don't succeed, try and try again!

Try not to imagine the gender of your child-to-be, but rather the deeper aspects of your relationship and what it will mean in your lives together.

Joining Forever

What did you commit to in your wedding vows? The standard line is "till death do us part", but what about after death? It is impossible for any of us to know when our lovers will pass beyond the veil, and isn't exactly a happy thought to dwell upon, but if you do believe in any kind of afterlife, this type of ritual is designed to keep you connected in a way that you can find each other after death, can feel consoled that you can continue to love and be loved if one of you should pass before the other.

This ritual doesn't end – it goes on forever, even after death, and should be a reflection of your complete feelings for each other, a celebration of all your trials, tribulations and accomplishments together. It is incredibly personal and involves no deities, as the two of you represent the only deities required for this kind of working. Your own life stories are your mythology.

The Sands of Time

As we move toward our older years, we can become very concerned with the appearance of age and our own physical fitness. If you've never heard the term *sexercise* before, now is a good time to add it to your vocabulary! Tantra is one sexual activity that will add years onto your life. It is often suggested by ancient tantric masters that each ejaculation leads to a shorter lifespan, so learning to control your emissions and enjoy orgasm without ejaculation is key to living a longer, healthier life. For women, the female ejaculate known as *amrita* is considered to be rejuvenating and life-extending for both of you... so get in there and get those juices flowing!

Yoga Through the Years

As each of you age, there is no reason while your sex life can't remain as active and enjoyable as ever, but there will be changes to your libido and your physicality. Your wife especially will go through menopause which will have drastic effects on her, including depression, aches and pains, night sweats and hot flashes, headaches, changes to the depth and texture of her vaginal canal as well as her ability to lubricate. Proper reproductive health and regular sexual activity are absolutely integral to maintaining her libido and her comfort through this transition. Regular yoga practice keeps blood flowing and muscles toned which support her reproductive organs and balances hormones during an otherwise very tumultuous time.

Tantra for Life

Maintaining a limber body, a sharp mind... the ability to focus through meditation will help her gain some control over her lubrication and libido. Rituals which celebrate her transition into this stage of wisdom and experience can help her to get passed and depression or trauma she may be experiencing as a result and allow her to open up to the sexual freedom that comes from being beyond her fertile stage in life. Instead of being forced to consider her physical fertility, she can instead think of her body and mind as ripe with energetic potential, ready to learn and teach and experience new things without concern for ovulation or menstruation.

Similarly the "midlife crisis" which often accompanies the gradual decline of testosterone in males can be seriously diminished if not altogether avoided by implementing the regular weekly, monthly and yearly practices outlined earlier on in the book. Anxiety, irritation, exhaustion as well as those aches and pains typically associated with aging can be kept at bay with sexual acrobatics and activities that keep the body healthy and the meditative techniques that allow you control over your thoughts, emotions and physical desires. In particular tantric sex teaches men and women alike that a flaccid lingam is just as capable of experiencing pleasure and reaching orgasm as one that is hard, so erectile dysfunction of any kind poses little threat to the engaged and embodied tantric practitioners!

The loving touch and sharing typical in tantric practice not only strengthens the immune system and heals the body, but increases the chemicals in the brain that facilitate love, bonding, happiness and contentedness throughout life-long relationships. The relationship that results from such love is not only beneficial to the couple involved, but presents an ideal model for children, friends and family who are in your life and helps to manifest positive attitudes about sex in the world. It can give us an outlet when we are overwhelmed by problems that seem too big for us, allowing us to use the love in our relationships to focus on healing wrongs and seeking understanding, but most importantly it turns every relationship into something worth cherishing as a precious gift never to be taken for granted again.

THE
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TOUCH

Conclusion

The End of the Road



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his has all probably seemed like a bit of a rollercoaster ride of information, hasn't it? When I sat down to write this book, I was a bit worried that I wouldn't be able to fit it all in, that it would be too overwhelming to take in all at once. I realized though that you don't need to take it all in at once, and I want you to remember that you shouldn't try to digest this book in just one sitting or one read through. These ideas, exercises and rituals are meant to stretch out over time, to build on one another to create love that doesn't just last, but grows every day, every week, every year for the rest of your lives together.

Don't try to rush your lover and don't push yourself to rush either. If there is one thing you take away from all of the information here, let it be this: tantra is about taking your time. Good things come to those who wait, so long as you aren't waiting idly. There is a natural growth to all things in this Universe and pushing too hard in one direction will only cause a backlash not worth the hassle. Set goals for yourselves in the short term and the long term, make little changes to your way of life and your routines, spend time enjoying each other's company and live life for the simple bliss of being together in holy happiness, sharing joy and ecstasy whenever you can.

The world of sacred sexuality is a vast ocean full of interesting ideas and pregnant with the promise of new and everlasting life. I could write two more books on the subject of sexual mythologies, shared love rituals, partnered play and divine inspiration but the truth is that the job of discovering all of that information is up to you, because it is personal and powerful and only you and your wife can know what your needs are now. This is a never-ending journey and I give to you the divine task and great boon of going out into the world to learn and discover what is out there waiting for you, with your lover and partner for life. Read books (there are dozens listed in the bibliography!), watch videos and look at artwork, take a class or go to a weekend intensive retreat to practice these ancient arts with other seekers and interested couples. You will not be disappointed. There is so much out there for you, don't stop now!

Be aware, be conscious, be kind, be connected and above all, be love. Love is what matters above all else. The Universe is made up of little tiny flecks of energy and matter floating around in the vast emptiness of space, but love binds us together, from the very tiniest particles to the biggest communities, chemical and electromagnetic attraction holds everything in. Without love, none of this would be. In the long run, love is all there really is – that which always brings us together in the end. Don't fight love... celebrate it with all your heart.

"Dance like nobody's watching; love like you've never been hurt. Sing like nobody's listening; live like it's heaven on earth."

- Celtic Proverb

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