

Tantric sex

Tantric sex

**Sex pathways
to absolute bliss and ecstasy**



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Intro

The goal of this book is to help you discover and unleash the path of tantric sex.

If you miss some key info while reading these pages, I encourage you to send me your questions or feedback at francisco@vitalcoaching.com.

I will listen to what you say and make changes or add new chapters or answers when appropriate.

For new updated versions of this book and access the full set of tantric sex resources online, check:

<http://vitalcoaching.com/tantricsex.htm>

If anything you read here offends you in any way, please, accept my sincere apologies.

My goal is not to hurt anyone.

It is simply to offer a free, open set of ideas and tools to those who might be looking for it.

If you feel this work is not for you, move on, discard it, give it away or write your own set of ideas on this topic.

I totally respect that.

I know that our present level of maturity allows differences of opinion on any topic.

Good luck and keep in touch!

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Tantric sex

Tantric sex – Videos



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Part 1 – Mystical quest for pleasure and total bliss!

So, what is tantric sex?

Here are a few ideas to introduce you to tantric sex.

This is by far not all there is but it will give you a starting point.

In the tantric world, a penis becomes a lingam. A vagina is a yoni.

Both lingam and yoni are divine attributes and gateways for profound pleasure and realizations.

Orgasm is never the goal.

The real tantric goal is transmutation of energies into higher forms.

By transmutation we mean no suppression, it is rather the gentle flow of energy from the lower chakras into the higher ones.

Stimulate your sexual energy through tantric sex and rather than reaching climax keep on building sexual tension in your body.

After a while (like a couple of weeks), you start experimenting opening in all chakras. It is like the creation of an inner space and clarity.

This happens on an energy level.

It is a blissful experience because it clears the mind.

This is the true meaning of sexual freedom.

For most people, sexual freedom means having sex with whomever you want.

Within tantric sex, sexual freedom would rather be the true freeing of sexual energy in your body.

Most of the times, sexual energy is simply constricted or limited within the lower chakras.

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When you feel excited and engage into sex, your sexual energy tends to still be polarized in the usual energy channel.

The natural purpose of this energy channel is simply to concentrate the sexual energy to release semen and eventually give birth to a child.

Now, with tantric sex, you dissolve this channel and create a whole new use of your sexual energy in your body.

You give it a new expression.

To do so, as a man you "retrain" your instincts so that ejaculation and traditional orgasm does not happen.

This makes a total difference because for a man all the seeds of energy contained in the semen are concentrated and used in a different way.

A spermatozoid is filled with a life potential. It is a seed of energy and if you keep this seed inside, it will simply expand in very different ways.

Nature did not create this tantric pathway as its main expression.

Nature needed to be focused on procreation first; otherwise, the human race would not have survived.

The tantric sex way is a new development in human sexual behaviour which opens new doors in our consciousness.

The best way to go is to experience how it works in your body.

This retraining of the body is really why it can be challenging at first to engage into tantric sex.

Many people simply don't have time and energy to retrain their instinctual sexual response.

Most men with who I talk, always loose semen in the sexual act.

This means that a sexually active male will easily loose semen a few times in a week.

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Now, this usually creates an energy gap in the body and a significant loss of stamina.

Imagine what would happen if this stamina was kept inside rather than lost through ejaculation.

What about women?

We talk about loss of semen but what happens to women when they orgasm?

Do they lose stamina and tantric potential as well?

I am still actively investigating that question.

My preliminary conclusions show that women do as well lose a significant amount of stamina when they orgasm.

They might not lose semen (even though we talk about female ejaculation in some cases), but they do release sexual energy when they orgasm.

For a woman, sexual energy builds up in the body.

You engage into sex.

Eventually, you have an orgasm.

Now, what happens after orgasm or multiple orgasms?

In most cases, you lose this sexual tension feeling.

The energy that was built to create this inner tension is released and you fall asleep or engage into other activities.

You can as well simply lay there enjoying the after effects of the orgasm.

The release of energy is obvious.

Even though this release might not be as significant as for a man it is still there.

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Now, imagine what happens when both partners keep on building sexual energy endlessly without having an orgasm.

This sexual energy eventually expands and breaks through to find new channels through the body.

Now, when this happens, you break through into a totally new life dimension.

Your mind feels brighter.

You feel happier.

Love and harmony keep expanding.

Your level of desire stays very high.

You connect with your lover in new very subtle ways.

You feel bright and extremely awake.

There is only way to go: experience it.

After a few weeks of active tantric sex practice (without orgasm or loss of semen), you enter literally in a new state of consciousness.

You might go through a whole series of mystical experiences where for instance your heart chakra starts boosting rhythmically in local and blissful energy explosions.

You feel intense brightness in your third eye.

Your solar plexus feels empowered and cleared from negative emotions.

This is not the end of course. It is only a sample of what you can experience.

So much more can happen and these are only the original stages of tantric experiences.

These experiences can easily start appearing in the first 3 months of your practices.

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Of course, you need to combine tantric sex with active energizing of the body.

The best is to do some yoga or exercise in nature and eat very light and super healthy. This will speed up these tantric opening and harmonize your body.

Sexual tantric energy is like raw fire. You need to train that fire and help it find its purpose in your being.

Why pleasure is good

Amongst the most useless emotions you can develop in your mind, you find guilt.

The root of guilt is a conflict between what you experience in life and what you believe to be right or wrong.

One of the key guilt areas is sex.

When you have sex, there is a potential for a totally fulfilling experience.

It is a fire which wakes up in your body with a powerful stream of love.

This stream can take you to ecstasy.

If you stimulate this force even more, you reach a point of stillness and total bliss.

If you did experience this before, you probably wonder how such a magnificent experience can turn into a negative emotion like guilt. Right?

This has of course to do with western and eastern mentalities, education, old beliefs and so much more.

A lot of this guilt is initiated in various religious fields.

Where does it come from?

Well, when you want to dedicate your life to the highest, the worldly pleasures can be a side track.

Many monastic traditions put renunciation in the core of their beliefs.

This means that they renounce many worldly quests like money, sex or other "superficial" and "non fulfilling" pathways.

Now, these beliefs have been so embedded for thousands of years that you might have forgotten why they even existed in the first place.

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The emotion of guilt is simply a left over mind set which reminds you to walk in a certain direction.

It says that if you step aside and invite deep sensual ecstasy into your life, you will be doomed and end up in the darkest areas of the human mind.

This is not true of course.

The path of spiritual evolution through sexual union does exist. It has been practiced by millions of people around the world for centuries.

It did lead many to very profound realizations about human life.

It created joy, intense love, a sense of unification in millions of lives.

Any pathway you take is a choice.

You are free to decide for yourself what suits you best.

What matters is that you feel fulfilled as a human being.

If you are thirsty, you can try to suppress this thirst or simply drink some water and enjoy the freshness of this simple experience.

A naked body is very pure.

Sexual union is a divine act if this is where you want to see it.

Like with any natural forces the goal is of course to master these energies, not to be a slave of them.

This is the context in which you can explore the quest for pleasure and ecstasy.

Sure, you can get side tracked.

Sure, you can wake up sources of fire in you which might be challenging to tame.

But guess what?

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That's the kind of learning process you go through in life when you engage yourself in any human activity.

Any exploration requires skills and sex tantra is an exploration.

You can use some guidance and existing ideas. No need to reinvent the wheel.

At the same time, with every step you take, you penetrate deeper and deeper into a virgin territory.

The laws directing the balance in these spheres might be slightly different than other life fields.

However, engaging into this quest can be intensely rewarding. A world of wonders is ready to be discovered.

The universal dimension of tantra

Tantra goes far beyond the limits of India.

The principles or ideas behind tantra are universal.

This means that they don't even belong to a certain system or religion.

You can readapt these principles freely to your own life and rename them in whatever way you want.

The keyword here is "freedom".

You are free to redesign any of these ideas according to your own needs.

You are free, yes!

The goal of this book and ideas is not limit you within a rigid set of rules and ideas.

The goal is to free your mind and offer you a protected space where you can expand your own beliefs, feelings and desires.

I trust you!

I trust that there is a guiding instinct in you which knows the answer to any question.

This is why everything you read here is totally open for being rewritten, changed or modified according to what you feel.

If you don't like something which is said in these pages, erase it, change it or rewrite it according to what you feel.

It is your right to do it.

There is no such thing as absolute truth in this e-book.

These are only some ideas, concepts or guidelines which might help you take the next step.

Tantric sex

If any of these next steps do not suit you, create another step which will fit better your unique needs.

Why go to tantric sex in the first place?

Sex is an infinite source of energy in you.

If the way you use your sexual energy is unfulfilling for you or those around you, it is essential to do something about it.

This is a path of life mastery.

The goal is to master the tools that were given to you.

If your sexual energy feels like a snake you can't tame or partner with, then obviously something is missing.

If you let it go and simply forget about it, I am sure you might still lead a very happy life.

Now, somewhere down the line, your mind might be triggered by the desire to know more about your sexual life force.

This is the moment it might be helpful you to have some basic system to support you in take some steps.

I am convinced that if you take the time, you might rediscover such a system.

It will simply take you longer.

This book is a shortcut.

It offers you some ideas that you might already be awaken in you.

It might simply be a confirmation of what you already know and help you take your next step along your sexual development line.

Gaining some form of understanding of your sexual energy is very rewarding.

Tantric sex

Being able to use this sexual energy to multiply the awareness, inner power and satisfaction you get from being alive is even more thrilling.

Imagine having this river flowing through your property and realizing that you can turn this streaming water into a source of infinite and empowering energy.

This is exactly what sex tantra is about.

Your sexual energy is this river you can learn to tame and use.

Once you do, your whole perspective on life might be immensely expanded.

How to know if tantric sex is for you

Here are a couple of ideas:

The best way to find out is to try it.

It is very challenging to know how something is going to feel unless you experience it.

Experience is what helps you make a choice.

If you take a small step and it feels right, uplifting and opening, then it probably means that you are on the right track.

By the way, you can't get it wrong.

You can always come back to it later, right?

Tantric sex gives you tools to master your sexual energy + Lead you to self realization.

It wakes up your cosmic or universal identify and helps you transcend the physical reality.

If you struggle with your sexual energy and can't find satisfaction in your present sexual expressions, then tantric sex could be for you.

The best again is to take small steps and feel how your being responds to these techniques and ideas.

You will usually get a VERY clear answer after that.

Is tantric sex for everyone?

Is tantric sex for everyone?

Of course not!

Of 100 people, maybe 5 will feel attuned to this stream.

We live in a vast diversity of possibilities, traditions and spiritual approaches.

This is what makes the joy of being human.

It is the fact that we have choices. Many of them!

So, if tantric sex doesn't resonate with you, you don't have to embrace it or practice it.

Simply search for something that suits you better.

I have a total and profound respect for all traditions.

Yes, I prefer certain streams myself but these choices are personal not universal.

Everyone is 100% free and so are you.

Engage in tantric sex from this place of freedom and respect for any other tradition.

Using sexual energy as a mean for spiritual realization is by itself very specific.

Not everyone will recognize in that stream practices they want to engage into.

To your total and limitless freedom!

Tantric temple

Imagine an inner reality which contains all the tantric sex teachings and practices.

The goal is very simple:

When you start developing this tantric line in your life, no need to retreat to some tropical getaway to experience tantra.

You want to manifest the tantric temple in your own house, wherever you live.

The tantric essence is not some distant reality you can exceptionally connect with.

It is part of your daily essence.

It is part of your daily thoughts, feelings, impressions or desires.

It is with you all the time.

This means that you are the tantric temple.

Your being and your life are divine essences and all you have to do to manifest this reality is give it more space in your life.

You do that through your actions, choices and thoughts.

You do that in the way you design your personal space, through the connections you have with people or the way you interact with them.

Tantric sex is only a small fraction of the energy exchanges you can have in your life.

Sex is the perfect area to experiment with this but you quickly realize that what you discover through tantric sex is something you apply all day long.

You feel more sensually awake, enjoying natural daily pleasures.

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You feel more deeply connected with those around you.

You discover a new dimension of joy no matter what you engage into.

Your level of awareness increases naturally.

You are clearer about what you want from your life.

And so much more of course.

You discover a new inner sense of freedom and space.

Your life is more blissful.

You feel wonderful when you spend time in nature.

Your senses are awake.

Do you want me to go on?

Tantra is a very vast field and the tantric sex doorway gives you access to an energy connection which expands to all aspects of your life.

Tantric sex – Is it just a test?

If you came across the idea of tantric sex before, you might have read that sex and desire are just tests.

You might have heard that in fact, the goal is to transcend desire and be able to move beyond it.

In that sense the sculptures of Khajuraho would be the external expression of your sex drive and once you enter the tantric temple, all desires become still and you enter into peace and total bliss.

Is this true?

In my experience, desire is not a force to be suppressed.

It is a force to be tamed and mastered.

Imagine again the waves of the sea.

You can fear them and stay away from them or you can surf them and master the immense energy they convey.

Desire, pleasure and sex are powerful energies which can take you to total bliss.

They are like an elevator force which offers you a shortcut to the most incredible mystical experiences.

These forces were given to you by nature.

They are divine in essence like any other aspect of your life.

Rather than taking the "suppression" path which is suggested by many spiritual traditions, you can embrace desire and all dimensions of your emotions and use this force as a catalyst for what you are looking for.

Tantra is a fire and like with any fire, you need to develop the skills to master it and tame it.

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Yes! In a way, it is a test.

The test is not to suppress your desires, rather use them.

Once you dive into these various dimensions of pleasure and delight, you gently dive into this inner core of stillness where even desire disappears.

It is like being in the eye of the hurricane in which absolute bliss is manifested.

Tantric sex is much more than a test: it is a vehicle.

It has the power to add a new dimension to your existence which radically shifts the way you stand in life.

The central core of the tantric temple

Imagine that around this temple you have gardens and other smaller buildings.

Imagine that once you enter the temple, you touch on a new dimension which establishes bliss as your key state of being.

In the core of the tantric temple, you find this total sense of union with everything which lives on this planet.

This is why tantric sex is a gateway or a vehicle.

Once you establish yourself firmly in that core, you discover a whole new set of life potentials.

You perceive your life from a new fresh and empowered perspective.

The key quality is clarity, awareness and peace.

It really feels like being home at last.

Now, this is an experience or a space you want to protect.

With the experience of bliss itself, you access as well new fire skills which give you the power to protect what you just discovered.

Have you ever had a mystical experience and felt very vulnerable afterwards?

This is why in the core of this inner experience you will discover as well new resources of power which give you all the skills you need to protect this "access" path in you.

This essence in you is very precious.

Wake up all the skills you need to "secure" and protect that experience in you.

No one will ever take it away from you.

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Once you experience it, it is yours forever.

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Do you need sexual intercourse to create tantric union?

Do you need sexual intercourse to create tantric union?

Good news!

You don't have to have sex to share tantric sexual energies with someone.

There can be dozens of reasons why you might not want to have sex with your tantric partner.

Dozens of techniques can stimulate the exchange of energy between your two bodies and create this intense sense of unity and love between the two of you.

You have as well various levels of intimacy you can engage into.

For instance you might be comfortable with nakedness.

You might take it one step further with kisses and light intimacy.

You might even stimulate each other sexually.

Or take it all the way to sexual intercourse.

All these various intimacy stages are worlds in themselves.

You can wear clothes and only engage into synchronized dynamic breathing techniques for instance.

With this practice only, you can already incredibly expand the energy exchange between your two beings.

It works and it is limitless! REALLY!

A simple technique can take you a very long way.

You can practice it once and it can already feel like a big smile of energy in

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you.

You can as well, take that specific technique and practice it every day for a few minutes for instance.

I like this open approach where you feel free to engage in tantric energy exchanges according exactly to what you want or what you feel comfortable with.

Maybe you will take a small step and within a few days, know that you want to explore more intimate techniques.

Again, all doors and directions are open.

If you don't know what direction to take, I can certainly help you find what fits you best.

Remember that all this is free and open.

You can reinvent tantric sex according to your own needs and desires. Once you start practicing these techniques, you own them and develop them in your own unique way.

The inner school of tantric sex

Imagine an inner school or system that you can intuitively access.

Imagine that through your meditation, you can envision exactly what tantric sex is about without ever reading about it.

Imagine that the tantric sex system is sponsored by a powerful and intelligent force which empowers your actions.

This inner school of tantric sex is an inner reality you can tune into.

Many books have never been written.

Many mantras have never been spoken.

Many techniques have never been transmitted.

They stay invisibly suspended in the inner worlds.

By accessing this inner school, you can tune into that reality.

Every time you have an idea or a vision of something you want to do, where do you feel this idea comes from?

Was it initiated right there in your mind out of nowhere or is it the result of an interaction between your mind and a specific profound spiritual reality?

There are many "inner systems" or "inner teachings" which are never transcribed or transmitted in the form of a manifested message.

The inner school of tantric sex is simply one of these streams.

Shouldn't we suppress desire? - Isn't tantric sex adding fuel to the fire?

Yes! It is adding fuel to the fire.

This question is essential and it is one that many people struggle with.

What is the best attitude towards sex?

Is it better to put a lid on it?

Or is it better to use it and master it, creating beauty and love?

Again, you are free to choose what suits you best.

You have so many different approaches because different people have different needs.

Sex is beautiful! If it wasn't for it, there would be no life on this planet.

How could the act which creates life be condemned?

Again, this is only one opinion and you are totally free to disagree with this statement.

It probably means that for you, sex doesn't have this dimension of sacredness and tantric sex isn't a stream you want to engage into.

If you struggle with your sexual energy and trying to suppress sex didn't work too well for you, then tantric sex is definitely an option for you.

In my own experience, embracing and using your sexual energy rather than trying to put a lid on it is a very powerful transformation tool.

Again, you are free and you have many possible ways to go.

Tantric sex is only one of them.

Sexual desire is beautiful!

Remove shame or guilt!

Somehow, society has developed this attitude or energy towards sexual desire, sexual exchange.

It feels like sexual desire for someone is something that people should be ashamed of.

Why?

Why did it come to that?

Take this example:

Suppose you are a man.

You go to a party.

You start chatting with this girl.

You start feeling aroused by her presence.

You start having fantasies about having sex with her right there.

Now, would you tell her?

Of course not, right?

The question is: WHY?

WHY NOT?

Is it "inappropriate"?

Is it insulting?

Do you diminish her in any way by feeling sexual desire towards her?

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Something is happening in your mind and body right there.

This thing is sexual desire.

It is because of sexual desire that people have sex, procreate and each one of us is alive on this planet because of it!

We should be thankful for sexual desire and celebrate each time we feel it!

Really!

It is a delicious emotion that brings sparks of energy in people's lives.

Where did the shame come from?

Who defines what's appropriate or not?

Why would sex be something dirty that needs to be hidden?

Do you realize how much these beliefs shape society and human interactions?

In the example I mentioned above, what you really say when you express your desire to have sex with her is:

"I find you incredibly attractive and while I enjoy this conversation with you, I feel like touching your hair and kissing your lips.

I want to remove your clothes, be naked together and engage in a sexual dance with you. I am filled with desire to have you in my arms..."

See?

Beautiful, right?

You just gave her a whole set of delicious compliments.

You told her that you like her, appreciate her beauty and are profoundly touched by her presence.

You feel a connection and want to express that connection.

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By the way, if you are a woman feeling sexual desire for a man, the same applies. Same if you are gay as well.

That's what I see.

Sexual desire is a gift!

Feeling it is a blessing!

Sex as spiritual practice???

This is probably one of the key challenging concepts you might face if you are not into tantric sex.

If the idea of using your sexual energy as a tool to self realization doesn't resonate with you, simple... Don't engage that way.

Find another spiritual approach that suits you best.

Now, for those who feel the sacredness of the sexual energy and its expression through love, here are a few more essential hints.

Without sex, there would be no human life.

Sex is the act that creates life.

So, sex is as pure and sacred as you want it to be.

Any time, you engage in a spiritual practice, you use one or another type of energy and action.

For instance when you use singing, you turn breathing into sound and beauty.

When you practice a yoga posture, you use your body.

When you take compassionate action, you use your hands to help those who need it.

If you create devotional rituals, it will be a combination of symbolical acts and speech.

In fact any action or energy can be used within a spiritual context.

Yes, absolutely! Sexual exchange is an act that can open spiritual windows in your life.

Now, if you like tantric sex but don't want to put it within a spiritual context, you can of course purely focus on the pleasure or therapeutic impact it has.

Tantric sex

This is really up to you.

The key idea to remember if you are open for it is that sex can indeed be a tool for your spiritual evolution.

When sexual energy conquers your whole being

When sexual energy conquers your whole being, your level of delight and internal joy immensely expands.

There is no limit to it.

You can feel it first in waves of sensual love and connection with the planet, people and especially your tantric sex partner.

This corresponds with the opening of the heart chakra.

This natural activation happens because your sexual energy expands from the sex chakra into other parts of your energy body.

You can see it as a rising of energy.

Together with this opening of the heart chakra, you can as well go through flows of realizations.

You see the dynamics of life clearly.

You perceive the forces at play in you and in others.

This sudden understanding of life's dynamics is connected with the opening of the third eye chakra.

Third eye stands for inner vision, right?

This is exactly what you reach. You see beyond the veil of physical existence.

You see the forces at play behind that veil.

As you can see, tantric sex might be very different than what you imagined.

Or maybe it is exactly what you imagined :)

Tantric sex

What I can tell you for sure is that when this process of internal clarification happens, it goes beyond your wildest expectations.

The sense of unity is so overwhelming that it sets you up on a total new life course.

Sexual energy is simply one of the forces you can use on your spiritual path.

It is one of the techniques. It is one of the approaches.

Because sexual energy is such an intense fire force, the impact it has on your body and mind when expanding is extremely powerful.

Focus on it. You will be amazed of what happens when you do!

Tantric sex

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Why focus on sex?

We decide to focus a lot on sex because this is where harmony needs to be built.

Other tantric practices like rituals or physical postures, mudras, mantras, don't generate as much controversy as sex.

Why is that?

To tell you the truth, I don't know.

Maybe because this is an area where the battle of ideas and beliefs is the strongest.

Maybe what we call sexual energy is such a pure nectar that everyone tries to have some form of control over it and decide for others what they must do with it.

It is funny to realize that maybe; sexual ecstasy is so much more precious than money for instance.

The naturally competing human spirit creates some deep conflict around this topic.

Maybe your next door neighbor does not actually want you to find this secret.

Why? Again, because of the competing spirit.

This competition is accepted in the business world.

People compete to get more and more money. The richest is often at the highest power position.

It is a social status thing.

This means that you won't always help someone earn more because a part of you simply competes with them.

Tantric sex

You think: “I want to earn more!”

With sexual energy, the same can happen.

Pleasure generates happiness, love or beauty.

These qualities have nothing to do with money but they are still energies.

People can compete for these energies. They do that all the time.

When you say how happy you are, some people will be glad for you but some others will actually feel left out.

They will think: “How come I don’t have all this happiness in my life and they do?”

You see the dynamics.

This is why the tantric field might generate this type of conflicting emotional reaction: maybe because everyone feels there is some form of very profound secret hidden there.

Many things used to be taboo and we did grow beyond that.

Sex is still somehow slightly on the taboo side.

In the coming centuries, we might grow to a place where all negative or uneasy emotions surrounding this topic will be cleared.

In the mean time, let’s explore this area a bit more.

What is sex without tantra

It is everything it has always been.

Sex without tantra is bliss and excitement.

Many people will have tantric like experiences and never call it tantra.

Millions of people on this planet practice sex and find it very fulfilling in itself.

They can gain great satisfaction and have children as well.

The way your instinctual sexual nature was created is perfect in itself.

Now, when you practice sex within a tantric context, you might touch on levels of awareness and pleasure you did not discover before.

The reason this happens is because you are surrounded by a sponsoring force or energy which encourages a very specific set of emotions, feelings, impressions and energy flow.

Sex without tantra might simply miss this mystical or absolute dimension.

You might as well miss the full pleasure experience of sex.

However, these experiences do not belong to tantra only. They are simply enhanced and facilitated within the tantric mind set.

How to reach sexual bliss

When you reach sexual bliss the idea of orgasm is totally gone.

This "explosive" orgasmic experience is transmuted into a continuous state of bliss which can last for hours, days or even longer.

If you are very experienced with tantric sex, you might even enter into a permanent state of bliss.

At that stage, even the need for sex can disappear.

This is the moment when your sexual desire and energy fully bursts into the other chakras and creates a whole new state of consciousness and awareness.

It can take long to fully master these states of bliss.

Mastering them means being able to create them and intensify them at will.

Again, the most important element is that sex is no longer used as a mean for procreation or short term orgasmic gratification.

It is consciously used as a source of infinite energy.

The inner transformations associated with tantric sex take some harmonizing time to integrate.

The idea is to practice yoga, exercise and eat healthy at the same time.

These side practices allow you to integrate these new energies much faster and harmonize them within your being.

Eroticism

Eroticism can intimately be associated with tantric sex.

When you observe the sculptures of Khajuraho, you see a powerful erotic expression.

This is an artistic expression.

It is the manifestation of sexual beauty and can be immensely stimulating for tantric sex.

Suppose for instance that you are a woman and you wear refined tantric jewelry or refined silk scarves or a turban while perfuming yourself with mysterious oils, you will of course enhance the sensual pleasure you and your partner get from tantric sex.

You can touch all of his sense and be a master in waking them up.

Natural fire light and incenses, a touch mystery, expression of beauty and exotic tastes are all elements which wake up the tantric sensual experience.

Delight!

Imagine that you are creating a living piece of art.

Imagine that your tantric sexual union is a mystical dance in which you can express all dimension of your beauty.

Pleasure for all the senses!

Tao of love

In the Tao of love, you find very similar ideas to those you find in tantric sex.

These two streams are definitely connected and when we track them back, I am sure that we could find a common source.

Tao of Love and Tantric sex are like parallel lines of evolution which aim at the same goal.

I am convinced that some ancient medieval rituals were very similar in concept as what you have in tantric sex.

If we dive into native traditions, I am sure we would as well unveil similar ideas.

One idea, many streams leading to the same place.

Sexual mastery for women

Do you want to be in love?

Of course you do!

You like the feeling of having a crush too!

Now, what is VERY alienating is when you have a crush and no way of fulfilling your desires.

That's when it hurts!

It's stressful and creates pain!

You don't want to get rid of the sexual attraction, the desire, the lust, the sex!

All these are perfect!

They are energy and they make you feel alive.

What is not nice is to feel alienated or enslaved by emotions you have no idea how to tame, direct or control.

That's the place that really hurts.

Ultimately, it is about mastering your sexual energy and being to play with it at will.

You want as well to generate sexual connection with any person you want.

That's the dream of every woman, of every girl.

It is to be able to get in a guy's head and get him to like you back.

Here is the thing: I believe it is actually possible.

I see women expressing qualities that make them super attractive to men all the time.

Tantric sex

Some of it has to do with looks of course, character, ambitions, sexiness, flirting skills, etc.

These are the usual things but there is one more that I think is the key!

This one is usually not expressed or described or talked about enough!

It is SEXUAL CONFIDENCE.

More than that! It is about being able to fulfill and man's profound sexual desires.

The key is tantric sex or Taoist sex.

What does that mean?

That you know how to trigger and stimulate a man's desire.

You can trigger it through your attitude, the way you touch him, the way you stimulate him sexually.

That's when you REALLY hit the holly grail of sexual attraction and get in a man's mind.

You need to be able to stimulate a man's energy at will and truly own this skill.

To tell you the truth sexual intercourse is only a small fraction of these skills.

You have to put yourself in the position of the one who wants to serve this man as Shiva!

You see him like a God and you are a Goddess.

Don't worry, this is a 2 ways things and the situation will be reversed.

This means men will worship you as well and fulfill your deepest desires.

But for now, let's focus first on what you can give a man that will get him to come back to you over and over again for more.

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Tantric sex

You see, in most cases, men and women will have sex, one or both of them orgasms and this is it.

If the man loses semen, he will usually fall in the after sex stage.

This means that his sexual desire drops and his level of attraction towards you can collapse as well.

Even if you share a romantic moment afterwards by holding each other for instance, the following day, his desire to have sex with you could be much lower.

So, the key is to get him to hold his semen for much longer and even not lose it at all.

Put it this way: who will want to see you more the following day? A guy who is still burning with desire for you or the one who has already lost semen and is in the after sex stage?

You know that, right?

A man ejaculating before your orgasm can be one of the most frustrating sexual experiences you can have.

It changes everything!

You see him drifting away in a TOTALLY different reality.

You feel suddenly an emotional gap appearing between the two of you.

The reason this gap exists is because the energy that was fueling the emotional connection is gone.

It is really that simple!

A huge part of romantic love has to do with sexual attraction!

This is how we were programmed by nature: to procreate.

So much of our social interactions and the way we handle them is about

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Tantric sex

managing and triggering sexual desire.

So, back to men feeling attracted to you...

The moment you give a man incredible pleasure and are super confident with your sexual skills, guys come back to you over and over again.

Do you realize that some men will pay \$300-\$1000 just to experience that with a tantric goddess?

Tantric goddess is a nice way of saying "sacred courtesan" or "sacred prostitute".

The word prostitute has loads of negative associations and we are not talking about this here actually.

We are talking about skills, sexual skills.

You can be a tantric goddess and express your skills with just one man you feel committed to.

Or you can have a more open approach and have tantric sex with many partners.

Or you can engage in a commercial activity and be paid for your tantric sex services.

All these are variations and you need to find for yourself what suits you.

My point is that whatever way you want to express them, what you want are sexual confidence or sexual mastery.

These are skills!

They are your ability to tame Eros, the desire, the sexual energy in man's body and stimulate it at will.

When you lay on a massage table and you have a skilled massage therapist taking care of you, how does that make you feel?

A very skilled massage therapist can even take you to a mystical state and

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literally open a consciousness gateway in you.

That's skilled touch and that's the exact type of skill you need to develop if you want to connect with any man you want and get them to be and stay attracted to you.

That's the dance of Eros.

It is the art of mastering sexual energy in you and in others.

Guys can actually get bored with sex.

If what they experience with you is not exciting enough they will go and look somewhere else.

So, if you have everything, character, energy, beauty and feel that you still don't click with men you are attracted to, these are the skills you want to develop.

Practically, what are we talking about?

It is a infinite set of possibilities.

We are not talking about just a simple trick, ok?

We are talking about embodying EXACTLY what any man profoundly wants!

What they want is YOU TO BE ABLE TO BRING THEM TO A STATE OF ABSOLUTE, TOTAL MYSTICAL TRANCE THROUGH THE ACTIVATION AND MASTERY OF THEIR SEXUAL ENERGY.

Again, it's a two ways thing!

So yes! A skilled male Daka or Tantrika will do this for you too.

Once you know that this is in fact what you want to develop, finding the techniques and practicing them is actually easy.

That's not the challenge.

The real challenge is to align yourself with that energy.

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That's where many women fail because they don't know how to connect with that stream.

These skills we talk about are part of an inner school, an inner teaching which has been on the planet for a long time.

Over the centuries, these skills reappear here and there through the impulse of some tantric master.

Manifested tantric schools do exist but you can access these skills internally as well.

You can develop them.

These skills don't BELONG to just one tradition. They go beyond borders and limits.

They are free and open all over the world.

All you need is a desire to explore them and they will come to you.

The key words here are:

SEXUAL CONFIDENCE.

SEXUAL MASTERY.

MASTERY OF SEXUAL ENERGIES.

When you develop these qualities, it gives you a whole new edge in the way you relate to men!

And believe me; I have seen quite a few women express these skills!

It's unbelievable to see the desire they trigger in men instantly.

Don't be mistaken, ok? This is very far away from the porn stream.

What we talk about here is NOT some superficial experience based on a commercial system.

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Tantric sex

It is not cheap, slutty or vulgar.

We are talking about something that goes way deeper than that.

It is refined! It is an art!

It is a spiritual stream that opens energy gateways in your body and mind.

And yes! That's any man's most profound desire!

This is what gives you the final dating or sex edge that guys are really looking for.

When you have it and embody it, you have it for life!

It's a set of skills, attitudes and an incredible level of sexual confidence that you will NEVER forget!

THIS is what you are looking for.

You can go around in circles testing everything I said.

You can look for alternatives and other ways to access a man's mind.

You will eventually come back to what I am saying now.

Many women realize this when they are in their 40's or 50's after a broken marriage or a series of frustrating relationships.

Every single woman I know is in fact looking for these skills.

The ones who already have them want to perfect them.

Every love and desire you ever had in your existence can be fulfilled once you master sexual energy in you and in men.

Mastering doesn't mean control, ok?

It means playing with it at will!

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Tantric sex

Being able to stimulate it or silent it at will.

Your Shakti quest

Shakti is life force.

It is a universal principle.

Very often Shakti is used in a more specific way to define feminine qualities.

It is in that way I use it in this article...

For men, Shakti is what you look for when you engage in connecting with a woman.

When you want to experience her femininity, what you really want to feel is this femininity inside of you.

You want to merge with her mind so that the Shakti she gives you is a direct inner experience in you.

When you make love, what you want to experience is the play of energies IN you.

The sensations triggers are chain of biochemical reactions in your brain and body.

These are not happening out there!

They are happening right in your being.

Within the tantric tradition, Shakti is life force!

She is a Goddess!

She is the consort of Shiva.

A woman will be a messenger for Shakti so that you can experience this energy in you.

Shakti triggers pleasure, delight, beauty, harmony and freedom in you.

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When you touch her skin, when you feel aroused by her presence, it is because her Shakti force impacts on your being.

You feel an opening!

You feel a streaming of new energy inside of you.

Now, this Shakti force is an experience you can have in many other contexts, not just tantric exchange with a woman.

You can experience Shakti through artistic expression, singing and music, being in nature, invoking the Shakti force in you through meditation and invocations.

In fact, most of the tantric path - the full tantric path, not just tantric sex - is aimed at mastering Shakti.

It is aimed at fully understanding how to play with this energy in you and how to transmit it too.

Imagine for instance that you are in nature with a music instrument and that you are touched by the beauty of the landscape.

You play some music that expresses that beauty.

You create a piece that you play later for your friends.

By listening to this music, your friends experience the beauty you felt.

That's one example of mastering this Shakti energy.

You had an experience which was the merging of your energy with nature.

Then, you take that experience and turn this Shakti force into a refined musical piece that you use to initiate others into that experience.

In Sanskrit, nature is Prakriti!

It is essence and is simply another name for Shakti.

So... When you experience Shakti by tantric sex union with a woman, this

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woman is your agent and initiates a stream of Shakti energy in you.

When you are in love with her, you are in fact in love with that experience!

You are in love with the experience of Shakti because Shakti opened your heart Chakra and freed your mind.

This is simply a way of describing something which is of course much more complex.

Sometimes, we need a romantic vision of love and what I give you now is this romantic vision.

We talk about personified gods and goddesses.

In fact these are universal principles.

Your path as a man is to be able to master Shakti with or without a woman.

When you feel extremely needy sexually, it means that you feel desperation.

You get the impression that if a woman doesn't trigger this Shakti experience in you, you will have no way of accessing it by yourself.

This isn't true!

Accessing your Shakti power is a skill you can develop.

In fact, I believe this is one of the core challenges men will face in life.

When you discover how to master and activate your own Shakti flow, you enter into a whole new dimension in life.

That's a new state of unity and bliss!

You feel connected, united with the world around you and joy streams through you.

You are one!

You have many possible pathways to master this Shakti energy.

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My favorites are music, singing, dancing, sensual exchange with a woman, swimming in the clear waters of a lake or a river and so many more.

Another VERY direct way to connect with Shakti and invite her in your life is to use the Sanskrit mantra for Shakti:

शक्ति

If you simply write this mantra frequently, you will start building the connection with this Shakti power inside of you.

You will create space to start playing with this Shakti force + You will as well be inspired to create more forms associated with Shakti.

I mentioned that this article is for men but in fact it is for every human being.

For instance, some women will have very little connection with their Shakti power and could develop it way deeper.

Some men will have total mastery over their Shakti force and need to connect with their male power or Shiva power instead.

If you are in a gay relationship, roles might be redefined too.

And even for a woman who fully expresses her Shakti power, her tantric sex play with a strong male might trigger even further the flow of her Shakti force.

It might empower her even further in her femininity.

So, this is NOT just a simple model.

What I give you here are general ideas and again as with any romantic

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vision, what I describe is only a very simple vision of a reality which is way more complex than that.

When I describe realities, I can use my rational thinking based on facts and science.

I can as well take a more romantic or mystical approach and give you glimpses of the exact same reality.

My language here is not poetic but it is not purely rational either.

Take what you can, use it and reshape it in your own way!

I want to say again as well, that depending on the way you look at it, you can see Shakti in every aspect of human life.

There is Shakti in business, in science and politics not just in arts!

Shakti is EVERYWHERE because it is a universal principle permeating all aspects of life on this planet.

However, the refined channels of creative art and beauty can be locked or limited within lines of expression which are very rational.

For instance, when you wake up in the morning, your intention is very often to deal with very practical things.

You will take a shower, make some breakfast and your whole focus might be to get to work.

The purpose of these actions is to maintain your life + get to work to express some of your creative power and make money.

Now imagine what would happen if you wipe out this whole scenario and you replace it by something totally different.

You wake up in the morning and your purpose for the day is to generate beauty and delight.

You take a shower with your partner and take time to explore the sensuality of this moment.

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After that you prepare a delicious smoothie and take very special care in giving it a delicious exotic taste.

Then, you take your music instrument and let your fingers explore the inspiration of the moment while you are surrounded by picture of dancing goddesses.

In all these activities, the purpose is not money or practical.

The purpose is to manifest beauty and delicious sensations.

This is a VERY specific quest.

The Shakti we talk about here is beauty, refinement, delight and pleasure.

When you are able to manifest these qualities at will anytime you want, you can say that you mastered the Shakti energy.

You are a Shakti Master.

Part 2 – Tantra and life force

Key strategies to stimulate your life force

Life force is an essential aspect of your being.

There are many ways you can activate it:

- Eating healthy
- Exercising
- Focusing on exciting targets in your life
- Activating your social life
- Caring for nature
- Being creative
- Loving your children
- Sex
- And so much more

Sex is one avenue.

If you had great sex in the past, you know how this gives you an energy boost.

You feel happy, fulfilled and immensely energized.

Your life force is a substance you can learn to master.

Tantric sex is one amongst many lines of activity which can activate your life power.

Any of the streams or activities we mentioned above has the potential to be a mystical or spiritual experience.

Tantric sex is simply one of them.

Energy exchange

Energy exchange is what you look for with tantric sex.

This energy exchange can happen between you and another being.

It can happen as well internally as an energy circulation pattern.

You can for instance focus on energy exchange with the absolute.

This is the universal dimension of your being.

You simply realize that you are united at all times with the life force which surrounds you and you find ways of activating this connection.

You can have a similar type of energy exchange with nature for instance.

You can jump in the fresh waves of the sea and get this intense feeling of union with the elements.

We don't usually call this sex, right?

It is still some form of energy exchange.

You don't have to call it tantra either.

This experience did exist long before the term or concept of tantra was created.

So, yes! It is obvious that energy exchange escapes any form of definition.

Tantra is simply a way of calling it.

It is simply to give it a name and a place within a vaster dynamics of things.

You can call this energy exchange whatever you want or whatever you feel comfortable with.

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If you don't have a word or expression coming to mind, you can always use the terms "tantric exchange" or "energy exchange" to describe these experiences.

Does energy exchange only happen between men and women?

Of course not!

You do exchange energy with every single living form on this planet and the universe.

When you touch a tree, there is an instant harmonizing connection established.

This happens on an etheric level or energy level.

We are just starting to understand and unveil the dynamics of these energy exchanges.

For those of you who read or saw the Celestine prophecy, this is the type of energy exchange we talk about.

You can call it universal sex if you want.

Sex simply involves a specific type of energy exchange.

If you are straight, you'll feel this with the opposite sex.

If you are gay, you'll tend to establish this connection with the same sex.

See the world in and around you as a vast and complex network of energy exchanges.

When we talk about tantric sex, we focus on one specific type of energy exchange.

What is nature tantra?

The moment you connect with nature, you can call this nature tantra.

If you go to nature and feel this harmonizing force waking up in you, it is the sign that energy is flowing between you and nature around you.

This can happen with trees and flowers, with the sea, with mountains...

With anything!

It happens all the time!

It happens whether you are aware of it or not.

Your body is never isolated.

On an etheric or energy level you exchange energy with your environment all the time.

The moment you are in nature, you feel a certain type of energy exchange.

Now, you can consciously activate this energy exchange.

Suppose you go for a walk on the beach.

You can walk with your hands in your pockets, lost in deep thoughts or you can stop, look at the sea, breathe deeply, make some movements, take off your clothes and jump in the water.

Of course when you take all these activation steps, something "more" will happen because you will activate your link with the elements around you.

The four walls of your house act as a protection but as well as an isolating force.

The moment you step out of this protection, you start dynamically exchanging with nature around you.

You have plenty of ways of activating this exchange of life force.

Tantric sex

As this is not really the topic of this e-book, we won't go into it.

Remember that there is more than simply the traditional sexual exchange between human beings.

Exchange of life force with nature around you offers a whole avenue of development as well.

It might even be much easier to start with that one if you don't know where to begin.

What is city tantra?

What if you are in city?

Well, the same type of energy exchange applies.

This time you function within what we could call a civilized environment.

You exchange energy with people, places, tools or activities.

For instance, if you go for a drink in a café, you will establish a very specific set of energy exchange with this specific environment.

You might have this very nice feeling of happiness and fun just by being there.

You'll chat, laugh, taste a delicious cocktail and spent the rest of the night dancing or singing.

Now, you might feel great in that context.

Someone else might not like it at all.

They might feel awkward and out of place.

There are hundreds of ways of relating to a specific environment.

Again, you can see what happens in this café as a vast network of energy exchange.

You'll feel really good if energy does flow.

You'll feel bad if you can't connect or don't know how to.

Now, expand this idea or concept to anything you do in a city: business, shopping, social life, gym, etc.

If you feel good, it usually means that you do "master" that environment to a certain point.

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You know how to "activate it".

This is what I call "city tantra": it is this vast network of activities and energy exchanges you can consciously practice and wake up in a civilized environment.

I call it tantra but could call it anything else of course.

This is just a word which reminds me of the energy exchange aspect.

Quest for beauty and harmony

The beauty dimension of tantra is omnipresent.

It is expressed through art, sculptures, clothes, singing, music, poetry, oils, presence of nature and so much more.

This refinement offers a dimension of delight to this tantric stream.

It makes the whole tantric experience more enjoyable for the senses.

When you engage into tantric sex, activate as well this dimension of beauty and refinement.

It will simply multiply the pleasure you get from any practice

Tantric foods and diets

Food is an energy form.

Raw food is of course closer to nature and its original form.

When foods are heavily processed, they lose this energy content.

Imagine for instance that you can choose between fresh fruit and tined one, which one would you go for?

Which one do you feel would be the most beneficial for you?

You can apply the same approach to anything you eat.

Eating healthy is your choice of course.

You stay free at all times to eat whatever is suitable for you.

Within the tantric tradition, I don't remember ever coming across a book or article, mentioning what tantric food was.

If you think "Tantric food" I am sure you will come up with a few guidelines which are suitable for you.

Two elements seem to be essential:

- How much life force does this food contain?
- How much pleasure will I get when I eat it?

These are two simple questions you can ask yourself when selecting your next meal or preparing it.

My choice:

- I tend to go now for raw food
- Lots of fruit and vegetables
- Lots of dried fruits
- Fresh juices
- Some milk products in the form of yoghurt or cheese

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- Some tofu like products
- Some grains in the form of muesli
- Little or no meat or fish

It takes me maximum 5 minutes to prepare a meal: usually a fresh salad with a few different vegetables and sauce.

My favorite for breakfast and lunch: muesli with fresh fruit, yoghurt and juice.

For snacks: dried fruit.

Physical preparation

You know that Hatha Yoga is a way of preparing the body to receive “higher” energies.

Having a healthy and harmonious body is essential for the practice of sex tantra.

Any form of exercise is okay.

If you feel unhealthy, start with anything.

It can be gym, jogging, dancing, yoga, martial arts, biking, etc.

Anything!

The first step is to move your body.

Why is it that essential to be in good shape?

Your body is your first and most essential asset.

If you don't feel good in your body, it impacts on your mind, emotions and thought patterns.

You can make really good progress on the sex tantra line and have huge draw backs related with disharmony on the body or mind level.

This is why energizing your body is so essential.

If you don't know where to start, yoga or martial art classes are definitely my favorites.

The social support you get when you join a class makes it easier to exercise.

If you don't want to join a class, take off in nature or to the beach and do some exercise there.

The goal is to harmonize and energize your body.

Mind preparation

Of course you can apply the same guideline for mind preparation.

Preparing your mind means getting rid of undigested emotions, extra stress or limiting beliefs.

You learn to relax, can practice some simple meditation techniques or simply take some time to distress in nature.

All these harmonizing activities are powerful.

The goal is to make sure that your mind is truly your best ally.

If you walk around with negative self limiting beliefs, this becomes a permanent burden which drains your energy.

This is the last thing you want.

Harmonizing and empowering the mind is again a vast topic.

Check this link for more resources on this:

<http://vitalcoaching.com/wakeupyourpower.htm>

Smile and establish eye contact with as many people as you can

Here is another simple way to establish a tantric/energy connection with others.

Simply establish eye contact and smile to as many people as you can when walking through a busy street. Try it out! You will see what happens.

The best is to practice it frequently for short periods of time (5-10 min). It takes a few weeks of practice to really master this technique and be able to do it naturally. In the beginning it takes some focus but the connections can be amazing!

This is not exactly tantric sex but the energy exchange process is very similar. You can connect very deep with someone you just saw for a couple seconds just by looking straight into their eyes.

Don't get attached to your experience.

The intention is free love!

This is like the "free hugs" experiment.

It really works at generating energy exchange between total strangers.

The result? Only one way to find out: try it!

Dance improvisation - Biodance

Another approach you can add to your tantric exploration!

This one is super powerful and can bring you to an intense inner trance with your tantric partner.

It can involve just one couple or more couples if you want to play this with more people.

Use candles for light, if possible, get some fresh air in the room and keep windows open unless, it's too cold or you don't want to disturb neighbors.

Find some nice sensual or ethnic music. I find Indian or Arabic music usually work great! Lounge and new age music are great as well.

Start play by standing still - as soon as you are ready start moving with the rhythm of the music.

Follow the inspiration as it comes.

Improvise!

This is not a performance you make for someone else, so no worries even if you feel a bit inexperienced at start.

It is a way of connecting with your own energy flow and letting it come out in waves of sensual movements.

After a few minutes you can either go on dancing separately or you can come closer to each other and for instance slightly touch each other's hands while you dance.

You can evolve towards full body contact, kisses, gentle touch, etc.

Go with the flow and trust your instinct.

Naked dance?

Sure! If you are both comfortable with it, you can be naked.

Tantric sex

Nakedness definitely adds a dimension of sensuality and intimacy.

It can be an intense sensual pleasure to see your tantric partner evolve naked in front of your eyes.

You can as well be more subtle and cover parts of your body with colorful silk scarves for instance.

You can suggest shapes and nakedness rather than revealing all at once.

As with other techniques, this dance can always evolve towards more passionate embraces and even more.

You can as well stop and stand still to listen to the inner energy flow and dive into your delightful sensations.

Listen to the rhythms!

Create beauty and enjoy the pleasures rising through your body.

Part 3 – East meets West – Tantric challenges

New code of ethics

Code of ethics?

Yes! This is essential.

Tantra is a form of fire and energy.

The moment you wake it up in you, you are given a whole new set of powers in your existence.

There is always a risk for these powers to be abused.

They can turn against you or those you love.

They can hurt your life and the life of others.

This is why it is essential to strengthen your values and decide before even starting with what is okay and what is not.

Everyone is of course responsible for their own actions.

When you buy a car, you know that you have to respect the speed limits and traffic lights for instance.

Same goes for tantric sex.

Many of the potential pitfalls are described in the coming pages.

It is essential that before you take challenging steps, you simply think twice and check for yourself if your choice is the wisest direction to go.

Yes! Be wise!

One of the key values you want to strengthen is: respect.

Respect for yourself, for others and other belief systems.

For now, I don't have a fixed code of ethics I can transmit.

Tantric sex

At this stage, I think it's everyone's responsibility to choose their own.

Tantric commercialization

This is one of the top challenges tantra faces.

Success with tantra has nothing to do with money or organizations.

The commercial system existing anywhere around the world is just a way of exchanging goods.

Now, when we enter into spiritual oriented fields, commercialization can create this disturbing background sound, especially when you are looking for total and mystical purity.

It happens to yoga as well. It happens to meditation schools and organizations.

It is the risk of losing track with what you intended to do at first.

For instance, when a tantric teacher sets up an organization and starts selling products online, there is a high risk of getting side tracked.

The commercial aspect of this teacher's activities can totally overlap the original tantric quest.

This means that students wanting to get in touch with the tantric system might feel first the marketing structure of what is offered.

Everyone is learning of course.

Tantric teachers are good people and simply want to strengthen a message or a teaching.

I know they are doing their best.

Now, what we see today might not be the end of the story.

New systems and teachings might be emerging, which will be based on a different set of priorities: open and free transmission might come before money.

Tantric sex

This means that words like "copyright", "membership", "price" are all words which could be disappearing from the tantric environment.

When you start thinking of the greater good and the free transmission of tantra, the dynamics needed to achieve this are very clear: freedom, space, trust, love, respect and so much more.

These are the qualities we'll try to set up in the centre of our activities.

As we do so, we'll try to keep the commercial or marketing aspects aside and put back the absolute essence of tantra in the core of our message.

What does the eastern tantric tradition think of tantric sex?

As far as I know, you do have sex tantra schools in India as well.

However, these streams are marginal in India as they are in the West.

The main tantric stream in India has little to do with sex.

It is based on worship, rituals and devotion.

Many people in the East will be shocked by sex tantra practices. They might see it as a dangerous direction to engage into.

Now, there are other streams which do encourage the mystical sexual arts.

The whole stream of Kama Sutra or what you find in the temples of Khajuraho are all tantric sex jewels you find nowhere else.

This means that India is probably as divided as the West concerning the idea of tantric sex.

Did you know for instance that Gandy wanted to have the temples of Khajuraho destroyed?

This is where these well know erotic sculptures come from.

Apparently, there was something in that tantric stream that he did not like.

The tantric community and a few well known eastern figures opposed this destruction and the temples were saved.

In the East as in the West, there are many different opinions, some of them very extreme.

In terms of exactly how many people in India would embrace the sex tantra stream, I definitely have no clear idea.

My guess is that it is probably similar to what you find in the West.

Sex gurus and abuse of power

This is the main reason tantric sex used to have a bad reputation in the last couple of decades in the West: it was abused.

Basically a few well known masters rushed in the West and thought they could wipe out the existing beliefs and practices.

They broke fundamental rules and often betrayed the trust of their followers.

The existing sex tantra schools in the west have learned from these mistakes.

Most of them are now well integrated and do respect and encourage the established laws and beliefs.

Go online and make a search for tantra.

You will see dozens of workshops, classes and books on this topic.

Most of the organizations or persons promoting these teachings and systems are totally respectful and will take you in the right direction with developing tantra.

This means that they will usually be respectful and mature in their approach.

Of course, like with any teaching or courses, some might be fit for you and some might not.

This happens for anything you want to study and explore.

You simply need to be wise and discriminative.

Listen to and trust your instinct with that.

STD's and AIDS

If you want to reduce the risk of contracting an STD, you need to stick to one or a very limited number of sexual partners.

If you go around having sex with just anyone, the risk of catching an unwanted STD gets of course much higher.

If you do have sex with many partners, you need to apply simple safe sex techniques.

There is plenty of documentation on this topic, so we won't explore it here.

Some of these techniques can feel limiting.

Suppose that you have oral sex for instance, using a condom might not always be the most exciting perspective for a couple.

The real alternative is to be faithful and explore the tantric sex avenue with one partner.

If you choose for multiple partners, you can as well succeed of course, but you'll need to be more cautious of course.

Listen to warning signs as well: you need to use your instinct with this and realize that certain population groups are more at risk.

If you are a male and visit a prostitute in the streets of Bangkok, Kolkata or an African capital, you have of course many more chances to put your health and life at risk.

If you visit a city, you'll often avoid certain streets and neighborhoods because you know that crime might be high over there.

You simply use your common sense and listen to warning signs.

These warning signs are often there.

Listen to them when exploring your sexuality as well.

Tantric sex

For instance, if you meet a potential sex partner who talks about a past heroin addiction for instance, you need of course to be extremely cautious.

Another rule is not to engage into active high risk sexual exchanges after one or two dates.

You can delay the moment of intercourse.

You can be lightly intimate and give each other time to build complicity and confidence.

Passion is a very positive force.

Now, if this is the only guiding force you use, you might get yourself in trouble.

You need to be smart when you explore the tantric sex realm.

If you listen carefully, at least 95% of the "health hazards" you could face can easily be avoided.

For the other 5% you can use extra skills like safe sex practices and not engage casually into active intercourse and high risk practices, especially if something feels wrong.

Even then, take steps cautiously and protect yourself.

You do that not only for yourself but for those you love as well.

Contraception and pregnancy

This is a key issue in the tantric sex world.

Sex can have many different uses and purposes.

On one side you have the natural procreation drive.

On the other side you have the use of sex as a path of inner transformation and regeneration.

These two uses or directions can enter in conflict.

You will often hear a woman saying she just got pregnant without really having planned it: "It just happened", "We did not try to stop it"

This is such a huge contradiction in today's world because you do have at least some amount of control over having children or not.

You can use various contraceptive methods which are all aimed at deciding if and when you want to have children.

Now, it's as if sometimes the mind gets veiled to allow nature and destiny to follow its course.

It's as if the rational decision of not being sure about having children is overpowered by an invisible natural force.

Within the tantric sex context, it is essential to understand how this works and realize that you do have the power to decide whether you want children or not.

You are not merely a victim of it.

You are actually the architect of it.

Within the tantric sex experience, the main mean of contraception is simply semen retention.

As a man, you simply don't ejaculate.

Tantric sex

You preserve your energies internally and simply don't lose semen.

It is pretty obvious that if you practice this fully, it is simply impossible to conceive a child...

Unless of course we dive into the idea of Immaculate Conception, but that's another debate, right?

When you practice tantric sex, conception is not the goal.

In other terms, the focus is on spiritual and mystical experience rather than procreation.

If you are luck warm about this and are not sure, there are good chances that you or your partner might get pregnant along the way.

Pregnancy will "just" happen.

It does not need to be that way. You can be firm about what you want and consciously decide whether you want children or not.

Then, act accordingly.

You can as well leave it up to the cosmos to decide for you. That's fair enough as well.

Now, if you want to practice and explore tantric sex, observe strictly contraceptive behaviors to avoid any surprises.

Again, if you want to be firmly on the tantric sex ground, you'll need this extra awareness and conscious action.

You will need to reinforce this boundary and make sure that if one day you conceive a child, it was your decision, not just some form of natural mistake.

Remember, if you don't want to make a child right now and would rather explore the tantric sex path, you'll need to be firm with this.

Porn side tracks

Of course, when you think about sex, you might have porn images appearing in your mind.

Sometimes, sex tantra is totally mixed or confused with porn.

These two are radically different in the intention.

Porn is a raw commercialization of sex.

Sex tantra is a mystical and energy exploration of sex.

Their purpose is totally different.

It is a key difference in intention and desire.

If you see a picture of a couple making love, it might be difficult to know if it's tantra or porn sometimes.

The theme "Kama Sutra" is often used within a porn context.

Some tantric sex activity leans as well strongly towards the porn side.

You might enter a tantric sex site and be presented with a whole line of sex toys which look exactly like those you might see in sex shops or porn sites.

This is true.

At this stage, the most important part is: don't confuse the two in your mind.

Tantric sex is a protected and ancient sexual exploration path.

When you engage in it, you are confronted with sensations and experiences which are quite different from the ones you might experience within the porn context.

Now, I am not here to judge.

Tantric sex

I am not saying that one is better than the other.

They are simply different approaches using the same original sexual energy and drive.

Porn does play a role in society. It is simply a different role than the one played by tantric sex.

Obsessive and fanatical attitudes

Stay in charge of your life.

Sex can enslave you.

It can be like alcohol or any form of addictive behaviors.

The goal is to stay on top of these energies.

Imagine these big waves on a Hawaiian beach.

Learning to play with your tantric fire is like learning to surf these waves.

This fire is energy and your goal is to use and tame that energy, not to be enslaved.

Obsessive attitudes lead to intolerance and extreme behaviors.

You might force sex tantra on yourself or on others.

This is a mistake you must not commit.

You must maintain respect for yourself and others at all times.

You must respect as well other aspects of your life and feed them accordingly.

Tantric sex brings in a new energy in your life.

Learn to balance it up with other aspects of your existence.

Fanatical attitudes do not serve you on the long term because they isolate you and often lead you to dead ends.

Learn the exact balance and feed all aspects of your life like profession, social life and health.

The goal is to find a balance you can easily maintain on the long term.

Tantric sex videos – Sex sites – Sex webcam chats

These tools can be used within a tantric sex context.

Most of the times, of course, the tantric dimension is not present in what you will find online.

It's up to you to introduce it if you want to.

You can for instance record some tantric sex videos with your partner and discover a new dimension of beauty and excitement through that.

You can connect with someone online and use your webcam as a medium to experience tantric sex with them.

All potentials are there.

A webcam, video or chat room is simply a tool. You can use this tool in whatever way you want.

Protecting children and teenagers

This is essential.

The western and eastern worlds function with very specific laws concerning sex and youth.

These laws are there for a reason: protecting young children and teenagers.

The moment you engage in tantric sex, you need to respect these laws and make sure that you don't break them.

Children need your protection. They need to know that they can trust you.

This means that you must not engage in any form of sexual activity with someone under 18.

This might be different depending on the country you are in.

Whatever the law, respect it!

This is the general rule to be applied.

You must never break it or you will suffer the consequences of it.

These laws have been created for a reason: it is because abuse happens almost instantly when children are not respected.

The psychological damage that can happen for children and teenagers can stay with them for a life time.

This is why a boundary exists right there that you must never cross.

Threat to couples and family life?

Not at all!

This is one of the great misunderstandings around tantric sex.

Practicing it does not mean that you must go around sleeping with anyone.

It does not mean either that you don't respect family values.

Tantric sex is simply a way of enhancing your sex life.

When you engage into these practices, you can function within certain limits.

Yes! You can practice tantra and be 100% faithful to your partner.

It is a conscious decision you take.

The forces of tantra can literally overtake you. That's true.

Now, part of what you have to learn is to tame this fire.

Imagine having suddenly thousands of dollars.

You can go and spend them in the stupidest ways if you don't have a clue on how to tame that energy, right?

Same with sexual energy.

You can stimulate your sex life and do this within certain specific boundaries.

Is it possible?

Of course it is.

You are the one who decides how to express this sexual force.

You are the one who chooses the type of activity you want to engage into.

Sex has this dimension of mystery in it.

Tantric sex

You can feel threatened by what you don't understand.

No need to be.

By taking small steps and understanding the dynamics involved, you can break through any limiting belief you have on this topic.

Sex is a vast source of fire in you.

Not using it is like missing on one of the purest source of power and energy available in your being.

Conflicting interests and other priorities

Your mind is filled with lots of stuff.

On a daily base, after work, practicalities and a whole lot more things, what time is actually left for tantric sex?

It might be not much!

This is the main reason why people will often fail to break through with tantric sex techniques.

They simply don't have enough time and energy to invest in them.

When they do, they might face challenges they are not sure how to overcome.

So, the key to get results is to be consistent and make it a top priority in your life.

There is often a tendency to focus on anything but what matters most.

Your mind gets distracted and you simply pick up what is there first.

This means that you might engage in sexual practices which give you little satisfaction on the long term.

Honestly, because of these reasons, tantric sex might not be for everyone.

Those who succeed in establishing this energy in the core of their being do get tremendous pleasure and satisfaction out of it.

It is such a fine tuning process.

It IS an art.

One that can take years to master.

Social impact

This one is a big one!

When you engage in tantric sex and actively express that energy, you will challenge people around you.

Suppose you talk about it at a social event or discuss some ideas with a close friend, you will get feedback and very often resistance as well.

To transmit these ideas further and express tantric sex in your life you need extra power, focus and energy.

This tantric energy is VERY specific.

It involves clear mind sets even though there is infinite room for interpretation; the dynamics I mention here are usually present...

That is unless you are surrounded by people who already want to experience tantric sex.

If they are already in that stream living it day by day, resistance will be very low, it could even be non-existent or even turn into a positive force.

So, this impact from your environment is always there.

If you feel resistance, it is usually coming from you + people around you.

These ideas CHALLENGE most individuals.

In fact even talking about sex is challenging for so many.

So, when you dive into the technical details of a tantric sex exploration, of course many people will react.

Even if they say nothing, you still pick up a "wave" of energy resistance.

So, here are some ideas to tackle this specific challenge:

- **First make sure that this energy is strong enough in you before you try to influence anybody!**

If what you talk about stays on a conceptual level and you don't own yet this energy or techniques, you will waste precious life force hitting walls in other people.

- **Engage directly practically into action rather than concepts.**

If you already own these tools, then take tantric action. This means that the moment you are sharing intimacy with someone, you can introduce a practice and inspire others with tantric sex.

Again, you don't need explanations, simply slightly direct the exchange you have and add tantric elements to this exchange.

This must be subtle of course because you don't want your sex partner to feel overpowered or controlled.

You can ask for permission first.

For instance, if you want to use oils on their body, ask them if they are ok with it.

If you want to take a sitting position together, again, gently guide them that way.

You need to be super flexible with that.

I'll say more about the art of guiding your partner in another article...

- **Keep moving forward**

People need what you have to offer them.

Your future partners will be delighted to share tantric energies with you.

Most people crave for that but rarely have the tools to develop that energy in them.

They simply don't master it.

Tantric sex

They will probably still resist because a tantric approach can conflict with other mindsets people can have.

They can:

- Be trapped in the more traditional family models.
- Be surrounded by undigested built-in feelings around sex.
- Be very distrustful of anyone who invokes eastern spirituality.
- Etc.

The point is that unless you are leading a seminar on this topic or you are faced with a social audience which is really open-minded; you don't have to convince everyone.

It is much better to focus your action and hit your target.

Your target is an experience!

The trick is to be armed with extra trust and a couple of breakthrough techniques.

Respect other people's choices and beliefs!

Respect other people's choices and beliefs!

This is one of the top keys to succeed with your tantric quest.

Respect and tolerance!

Religious and spiritual intolerance are self destructive for the planet and humankind. It is one of the big spiritual traps you can fall into.

When you develop mastery over your sexual energy through tantra, this gives you a newly gained sense of power.

It is easy to take a fanatical stand and be pushy, demanding, disrespectful or intolerant with your partner or with others.

The goal of tantric sex is certainly not to build up power to attack or control others! Love is always the core of what you practice.

There is a larger vision at play here: it is the well being of the totality of the planet and humankind.

Humankind is composed of a vast diversity of cultures and beliefs. This is what makes its richness!

It is your job as an awakened tantrika to walk towards that direction of total love, respect and harmony.

What does it mean practically?

Simply watch out what you say.

Never force or push anyone to follow you.

If you hear about other people's belief systems, develop constructive dialogue based on respect.

Tantric sex

How do you do that?

You can say things like:

"I totally respect your beliefs. You are free!"

"I respect the fact that now is not a good time for you. I have far too much respect and love for you to push you into doing anything you don't want to."

"I totally understand the fact that this path is not for you. I fully respect that."

You get the picture, right?

Apply this type of strategy any time you feel conflict rising.

Sometimes, you need as well to teach others how to respect you as well.

If someone challenges you on your tantric practices, you can say:

"I am free, right? I don't remember giving you the right to tell me what to do. I respect your choice and you know how to respect mine."

Basically, you do have the right to control what is yours but you have no right to control someone else's actions, beliefs or choices.

If you feel that your tantric practices could benefit someone, offer them an open invitation to learn something in whatever way you feel is suitable.

The key word here is "open invitation".

Anyone always stays free to follow up on that or not.

Never use coercive threat.

Always use love and respect.

Why it is essential to remove old useless taboos

Most fears or taboos you have in your mind are the result of past conditioning.

When you check it out, you often can't even trace why something is taboo.

A taboo is a moral limit.

Some of these taboos or moral boundaries are still needed to protect society.

These boundaries can sometimes be helpful.

Now, in what concerns tantric sex, when you start exploring, most taboos are useless. It is like putting a fence in your mind and limiting your sexual expression without reason.

Sexual liberation means exactly that: removing what you no longer need.

Think of it:

- Why would sex be a shame or taboo?
- Why is it offensive to see a woman's breast on TV?
- Why would it be taboo to talk about your sexual experiences with some friends?
- Why is it taboo to be naked on the beach?
- Why would it be taboo to see a couple having intercourse?
- Etc.

Does it hurt you morally? Why?

How would you feel if this moral limit was no longer there?

Would you feel free? Would it liberate you on a certain level?

My role here is certainly not to tell you what is right or wrong. You need to choose for yourself.

Tantric sex

If you notice taboos, shame or guilt areas in the way you express your sexuality, simply ask yourself:

Do I need this taboo in my mind or is it time for it to go?

If you notice that you no longer need it and would feel freer without it, take action as if the taboo was no longer there. Consciously cross the limit and see how it feels.

Our lives are experiments!

Aim for sexual mastery.

Tantric power

When you build up tantric energy, the main challenge is to keep it active in you.

You are confronted with practicalities and business realities every day.

Your mind gets filled with information which tends to clutter your life force.

So, the main challenge is for your tantric power to be strong enough to stand by itself without being wiped out by all that.

This is why you need a solid strategic approach which does really work within a modern environment.

Now, there is a way to get this right!

You do need to understand the power dynamics involved though.

See your mind and your life as a territory.

Energies compete to manifest themselves in and through you.

These can be the energies of nature, a city, your family, friends, a business idea, a marketing message, a spiritual discipline, a personal ambition, etc.

These are all "plans" with a specific sponsoring force.

When you decide to engage into tantric sex, you need to create space in your mind and life for that.

Again, you will manifest what you focus on.

If your mind is busy with a business concept for most of your day, this is what you will reflect energy wise.

Your thoughts and emotions will reflect that specific business energy.

You will be filled with marketing ideas, dreams of wealth and business success, practicalities, research activities, etc.

Tantric sex

If you focus on tantric sex, you will manifest delight and sensual pleasure. You will focus on postures, techniques and tantric skills. You will expand your awareness and your level of life force, etc.

What makes the difference between let's say a business target and the tantric sex target is simply action, vision and sponsoring energy.

Now, one of the key challenges is that certain energies are over present in your life while the tantric sex energy is only rarely invoked or mentioned to the average person.

You will for instance be bombarded with marketing messages and demands from a modern life style, while you can spend a whole life time without ever coming across a message which reminds you of your tantric potential.

The way to tackle this challenge is quite simple actually: focus!

If your goal is to build up tantric sex energy, you simply need to focus on it regularly and give more space to that stream than to other aspects of your life you consider unimportant.

Technically, if you take 10 steps/day geared towards building up tantric energy, your tantric power will expand very fast.

On the other hand, if you simply wait for the tantric energy to come to you by chance, you could be waiting for a long time.

The way to reach your goals is to take conscious action consistently so that your tantric power increases.

It is that simple, really!

Now, the good news is that you do have sexual instincts already. Together with spiritual aspirations, these are the fuels which feed your tantric action.

In other terms, when you do feel sexual desire, need for intimate connection or a call for total unity, all you have to do is manifest this internal drive within a tantric sex context.

You have the fire. Tantric sex gives you a path or a system to get there.

www.vitalcoaching.com

What is sexual freedom ?

For most people sexual freedom means sleeping with whoever you want whenever you want.

Within the tantric experience, sexual freedom can take a much deeper meaning: freeing the sexual energy in your being.

Sex is simply a source of energy and vitality in your being.

It is a form of life force.

When you free it, you naturally expand its reach and impact.

By doing so, you clarify your mind and reach all the benefits I mentioned earlier.

I really like thinking of sexual freedom as the expansion and free flow of sexual energy in your body and mind.

Rather than constricting it within a limited mind frame, you give it more space and allow it to flow.

There is a dimension of mastery in this as well.

If you feel like a slave of your sexual desire, it obviously limits you in life.

The ultimate goal is to play with the sexual energy at will: wake it up if you want to; tame it if you need to.

If you feel that sex is an unsolved issue, sexual freedom is really the ultimate goal on that level.

Sexual freedom means precisely that sex is no longer an issue.

You own your sexual energy and are able to play with that force at will.

Free your mind!

Free your mind ;)

None of the guidelines I give you here are static. They are only suggestions that I tested and believe work really well.

Ultimately, tantric sex is a real art!

Feel free to explore it in your own unique way.

Part 4 – Tips and techniques

Tantric sex techniques

When you think of tantric sex, you might get the feeling that it's all about complicated positions.

This is very far away from the truth.

The first posture is not a physical one; it is a mental or emotional one.

The physical aspects of tantra are quite simple. In fact you don't need complicated sexual positions.

All you need is the understanding and vision of how your sexual energy will be transmuted.

Of course, it can be fun to try some complex positions.

Yes! They might add a new dimension to your tantric sex experience.

However, you can achieve all this inner growth even if you keep your tantric sex approaches very simple.

How to preserve your sexual energies

One of the key tantric sex strategies is to preserve your energies and make them grow.

When you have sex, usually the final goal is to reach an orgasm.

Forget about this picture and imagine what happens if you don't go for the orgasm.

Imagine that there is no loss of semen for the man and that all the sexual excitement build up stays within.

Now, imagine that you don't come for months and that every time you have sex, you keep on building energy and increasing your level of inner sexual tension.

As you can imagine, this might lead to some intense energy build up.

The only way to find out what happens is to try and practice it.

Now, this is probably one of the most challenging trainings you can go for in life.

Everything in your instinctual nature encourages you to let go of your semen and have an orgasm.

So, it takes focus and determination to shift this pattern and simply hold back before you reach the "no return" point.

What about women?

As a woman, you can practice the same.

You can simply come to the limit of your orgasm and then, simply keep this potential inside.

In tantric sex, we talk a lot about transmutation of energies.

Tantric sex

The sexual energy rises through your chakras and activates them.

It eventually reaches the heart chakra and creates a whole new sexual experience.

What happens?

I guess everyone will experience this differently but generally, you will enter into an expansion of the heart area.

This means that your level of love for your partner and anything else in the universe will suddenly grow immensely.

Those who experienced it talk about a profound and transforming mystical experience.

This experience does not stop there.

The rising of sexual energies can expand into the third eye and crown chakra as well and create this immense sense of clarity and understanding.

All these experiences are mystical or spiritual experiences.

You can experience them through meditation or other practices.

In that case, you use sexual union and awakening as the vehicle to manifest these blissful states.

So, you have two directions you can go:

- **The first one is to approach sex the traditional way.** You have sex. You orgasm or ejaculate. You enter into an after sex state. This means usually that the sexual tension and build up is released.
- **The second one is to practice tantric sex and energy build up.** You use sexual energy as an inner force which will create a series of mystical experiences in you.

How long does it take to reach a state of inner bliss and fulfillment with your partner?

Tantric sex

I would say one to three months of very focused tantric sex practice.

If you are already familiar with these techniques and have been meditating a lot before, these experiences might appear much faster.

Does it mean that you need to have sex 10 hours a day for a month?

In a way, yes! But you don't need to go that far of course.

The goal is to ingrate tantric sex practices in your daily life until it becomes totally natural for you and your partner.

The next step would be to be in an ideal protected setting.

It can be a holiday place, resort, nature location or spiritual retreat situation.

In these contexts, you can use all your resources and energy to focus on this inner transformation process.

What if you can't step out of your routine and need to stay at home, work and focus on all your daily tasks?

You will of course still practice tantric sex in that context.

The benefits and experiences you will get are very intense no matter what.

It simply means that you might tend to get more distracted by other daily practicalities and will need to focus on lots of other things, not just your tantric practices.

The results are still there!

Practicing tantric sex from exactly where you are is definitely the best way to go.

In a way, there is no need to go anywhere. You can create your own tantric temple at home and design a very harmonious and healthy life style conducive for profound changes.

The tantric sex path can be practiced anywhere.

www.vitalcoaching.com

All you need is to start moving.

Sexual dreams and fantasies

This is an essential part of your tantric experience.

The buildup of sexual energy will often be associated with a fertile sexual imagination.

Your sexual energy simply feeds your mind and activates your fantasy world.

It is normal.

You might see yourself having sex with other women or men.

You might have visions or desires you did not have before.

All this is healthy and normal.

Most of these fantasies are not meant to be manifested.

They are simply the mind reflection of your sexual awakening.

In the beginning, some of these images can almost be shocking because you envision scenes you can feel ashamed of.

No worries again.

All this is normal and is a simple "clarification" of your mind.

Enjoy these visions and fantasies.

Don't focus too much on them as if it was something meant to happen.

Simply observe them as if you were watching a movie on a screen.

Every now and then, see if you can influence these fantasies.

Remove those you don't like and stimulate those which do thrill and excite you.

How to practice tantric sex in your couple

The key idea is open communication.

You need to share not only on the sexual level but on the verbal level as well.

The goal is to create synergy and complicity.

You need to understand and respect the limits of your partner.

You need to listen and share.

The best way to do this is to set time aside to talk about what you experience.

Be open minded.

The next step is to protect your tantric sex space.

Not all times are suitable for practicing.

Sometimes, your partner won't be in the mood or simply too tired.

Respect is truly the key word for your couple.

Don't ever push or force. You will generate the exact opposite result to what you expected if you do.

One of the key challenges for modern couples is to find space and time for intimacy.

When you are rushing the whole week with practicalities it can be very challenging to find a romantic moment for you and your partner.

Focus on it and start creating time.

Find out if tantric sex is an exploration you both want to invest into.

Tantric sex

Again, dialogue, respect and love are the key values you must remember at all times

How to practice tantric sex and be sexually exclusive

Being faithful or sexually exclusive with one partner is a decision.

The best way to stay faithful when your tantric sex desire wakes up is to have the best and most fulfilling sex with your partner.

Dialogue is again a key ingredient to understand the dynamics you face.

You might have fantasies involving other persons that your partner.

These fantasies are okay.

You don't have to act on them.

This is the key issue.

If you feel a desire waking up, see what happens when you express it directly with your partner.

Now, if you want your partner to stay faithful, you need as well to offer him or her an avenue of expression for their desires.

If you tend to block, suppress or judge what comes up, you might stimulate him or her to go and look somewhere else.

Of course, never engage into something you really don't like.

Talk about differences or tensions if they arise.

You will discover that having a protected space to share all this is often all you need to understand your next step.

Solo tantric sex - Path of self pleasure

Big taboo!

The path of self pleasure means that you discover tantric sex without a physical partner being present.

This offers you a space to train your tantric skills, experience your limits and understand how pleasure manifests in your body.

Because you are by yourself, it offers you the perfect setting to explore an aspect of your sexuality in depth.

We talked earlier about mystical experiences arising as a result of tantric sex activity, right?

In a way, you can achieve the same type of results through solo tantric sex.

You can wake up your sexual energy to the point of feeling it opening your heart area and the other upper chakras.

Even with solo tantric sex, you are never alone.

The tantric energy which sponsors your experiences is still there of course.

See it an intelligent angelic or spiritual force activating these energies in you.

The world of your fantasies is there as well of course.

In esoteric terms, this world of fantasies is the astral reality. It is the world of emotions, dreams and desires.

You can meet people on the astral. You can actually have sex on the astral.

You can feel a person's presence without this person ever being there physically.

Tantric sex

In a way, this solo tantric sex exploration gives you lots of space and freedom.

You notice that when you have tantric sex with a partner, you need to sometimes process emotions, digest, be careful with what you say or do.

This can be quite demanding in some cases.

Solo tantric sex has the advantage of giving you space and freedom; which are very essential qualities to explore the tantric sex path.

Another way of using solo tantric sex is simply as a form of training.

Suppose that you are a man and you want to train your lingam in order to preserve your energy.

When you are with a girl, you might get too excited to actually dive into training that skill.

Solo tantric sex will give you the ideal setting to explore this avenue without risk.

Energy orgasms

For men, energy orgasms or full body orgasms are powerful explosions of energy without the loss of semen.

For women, they are deeper orgasmic experiences which touch deeper layers of the body and mind.

Because of their depth, energy orgasms can be much more fulfilling than traditional orgasms.

They are especially important for men because they allow them to have an orgasmic experience without the loss semen and therefore without much loss of energy either.

There will still be an energy dip after the orgasm but this dip will be much smaller than if the man had ejaculated.

When you practice tantric sex, energy orgasms are a good first stage to head for.

They allow you to train your tantric skills and build up your sexual energy without fully containing it.

It is essential to realize though that it's only an intermediary stage.

After a while, you will notice that even energy orgasms are no longer needed.

You can reach much higher states of maintained pleasure by fully and totally holding your energy.

Tantric sex for couples

This is probably one of the greatest benefits of tantric sex: the potential to strengthen your couple and reunite it when you feel passion and excitement are gone.

Tantric sex is a binding force.

It is a unifying fire which brings a new quality of love and refinement into your couple's life.

It can take 1 to 3 months to shift around a situation which looks sexually desperate for two partners.

We are not talking about therapy here.

This is simply the awakening of a source of fire which is infinite and acts like a binding force in a relationship.

This is one of the key tantric sex gold mines.

This is a new sexual expression which fits a modern need.

If you are a couple, you tend to focus a lot on life's practicalities.

It is not always easy to reconnect with your sexual drive, desire or passion.

This is where the tantric sexual energy comes in.

Imagine connecting with a force which reawakens these qualities in you and your partner.

Imagine that your relationship and sex life suddenly wakes up from its sleep.

Imagine this romantic dimension suddenly appearing again in the core of your being.

This is exactly what tantric sex can do for you.

It goes far beyond sex of course.

Tantric sex

This tantric energy is a fire which stimulates and energizes every aspect of your relationship.

It wakes up delightful feelings and bliss naturally because these qualities are the essence of tantra.

Imagine having an infinite source of fire and power in you.

This is your sexual energy.

Now, when you give it an avenue and empowered channel of expression, it simply flows naturally and opens new doors in your being.

Your sexual energy is a catalyzing force which brings you to a new energy base.

Start with simple steps

This is the way to go.

No need for profound revolutions.

- Get some sensual massage oils
- Add candles and incense
- Prepare a special meal and offer to eat it naked
- Etc.

There are dozens of steps you can take which will increase sensuality between the two of you.

The idea is to increase sensuality so that your tantric sex experience is deeper and more pleasurable on many levels.

This gives a wider experience body to your tantric sex exploration.

Start by applying the simple techniques described in this book.

The goal is simple: reconquer your sexual territory.

If you want to put romance, love and passion back in the center of your life, you need a sponsoring force to help you do so.

This is what tantric sex does.

It is a fire which supports these sacred qualities in your being.

As soon as you start expressing this stream in your life and connect with simple tantric sex techniques, you wake up the qualities of love and passion.

Focus on manifesting and mastering this stream fully within a period of 3 months.

It does not happen overnight.

You simply reconquer your sexual and romantic territory by clearing the relationship space with this tantric fire.

Tantric sex

The results are amazing.

It takes a very short period of time to renew your sexual space and bring a total sense of freshness between you and your partner.

How to establish tantric love in your relationship

As you can imagine, tantric sex is about love.

What you establish with your partner goes far beyond sex.

It touches all aspects of your connection with your lover and partner.

You feel a sense of profound union any time, not just when you are actively engaged in tantric sex.

This means as well that what you do beyond your tantric sex activities matters immensely.

Tantric sex does not start the moment you sleep together or ends up when you let go of your sexual embrace.

Imagine seeing someone as your own essence.

Imagine that everything you do to your partner is what you would love having it done to you.

It's that simple.

When you engage into sharing tantric sex with your partner, you start functioning much more as a unit.

This is never a limitation.

The idea of control of your lover's actions, behaviors or thoughts must be totally gone and replaced by a sense of total freedom.

This freedom you want to establish in the core of your couple is the key to the expansion of your tantric essence.

This is what multiplies the effect of tantric sex.

What if you and your partner disagree on your tantric sex experience?

It happens of course.

You feel like you don't have time to focus on it right now and your partner is full of burning desire for instance.

What do you do?

How do you solve differences?

It is very simple: dialogue, respect and freedom.

Tantra is a passionate fire.

It is a fire you must learn to tame.

The fact that you feel very inspired to share sex at a given moment does not mean that it must happen.

You can dialogue with the tantric spirit.

You can play with the tantric forces and tame them as well.

You can stimulate them or excite them when you want to and give them some rest if you feel the timing is not right.

What matters is that you are the designer of your tantric sex experience.

Tantric sex is not a set of forms which are imposed on you by force.

It's actually the total opposite.

You have total freedom to design your tantric experience is whatever way you want.

And so does your tantric sex partner.

What if your partner does something that you don't like

If anything happens during the session that you don't like or doesn't work for you, don't let it build up negativity or resentment.

If it hurts or feels really uncomfortable, you can give your partner a sign that it's not really working for you.

If you can and as much as possible, try to keep that type of information for the feedback minute after the session. That way you won't interrupt each other's flow and inspired ideas.

In the feedback minute be gentle but do share what works and what doesn't.

If you get some "negative" feedback, see it as an opportunity to learn and discover new skills.

That's one of the key to mastering tantric sex play:

It is to accept the fact that there is a learning curve.

Your partner's feedback is essential to you as it will help you master your tantric sex techniques.

Also, do give feedback, both positive and negative if any.

Many people will touch you, kiss you or take some action that can feel uncomfortable, painful or be a massive turn off.

Unless you tell them, it is challenging for them to find out.

I have frequently seen and experienced both men and women taking some sexual action that they thought was arousing when in fact it's a turn off or even painful.

Remember as well that different people have different tastes too!

Tantric sex

Something that worked with a previous tantric sex partner might be inappropriate or a turn off for someone else.

This is why these feedback minutes after session are so essential to keep perfecting your techniques.

How to tell your partner to increase or decrease stimulation intensity

This one is essential especially for men.

If your tantric sex partner is a woman and she has no clear idea of how excited you are, she might go one step too far and make you lose semen.

That's the last thing you want!

You want to give her hints to tell her she can intensify or slow down.

The simplest way to do is to use 3 words:

- Stronger
- Softer
- Perfect

Simple, right? ;)

Another way to go is to quantify your degree of excitement. That's even more precise and works really well.

Suppose that 0% is non excited and 100% is max excitement. 100% is when you would come.

With tantric sex, the goal is to navigate in the 80-90% zone without going all the way to 100% excitement.

So, you can give her hints.

For instance, if you feel she can go way further, you can say "60" or "70".

If she goes too far and you are about to come, simply say 95 to get her to slow down a bit.

Tantric sex

You can as well use a hand sign like thumbs up for perfect, raise your hand up for more, or bring your hand down to get her to slow down.

You can use these feedback techniques if you are a woman as well.

Usually it is easier for a woman to control her orgasm and decide when she wants to come.

For a guy, usually it is very easy to get over stimulated and totally miss the tantric target.

If you are a woman, keep an eye on your male partner.

More importantly, be aware that you don't want him to lose semen as this usually means the end of this tantric play session.

Set up a veto right with your partner so that you both feel safe

When your partner is leading, if you are asked to do something you REALLY don't want, let your partner know that this goes one step too far for you.

It's very healthy to have this "veto" right so that you feel totally secure in a tantric session.

As a general guideline, I would encourage you to use your veto right only in very rare, extreme cases.

Very often, a new tantric idea might stretch a bit your comfort zone.

However, dare to experiment.

As soon as you try, you will notice that you might actually like it a lot.

If your partner is leading, really let go of trying to direct.

SURRENDER!

PLAY THE GAME!

ACCEPT THAT YOUR PARTNER IS IN CHARGE FOR THIS SESSION!

Having this attitude will let them feel that you trust them and immensely energize your tantric sex play.

It will give power, trust and confidence to your tantric sex couple and give you space to experiment.

Bring your partner and yourself to a tantric trance any time you want

If you are a woman, the goal is to be able to put him and yourself in a tantric sex trance any time you want.

That's when you enter into a whole new dimension in life.

The day I discovered these tools in my life through intense practice, it **RADICALLY** changed my vision of not just sex, but totally impacted in the way I perceive life and male/female interactions as well.

I honestly believe that this is **EXACTLY** what you look for and is easily accessible to you.

Naked dinner!

That's an exciting way to set up your tantric sex session.

Prepare some nice fresh raw dishes, get naked and set up your tantric space by the fire place in your living room

Or you can set up your dinner tantric sex session in your bedroom or whatever place you use as your tantric temple.

Eating naked with your partner is an incredibly sensual experience.

Prepare the space and your bodies with delicious scents and oils. Put on your tantric jewelry and whatever triggers your tantric sex energy.

You can start playing straight away while you eat which can totally multiply the pleasure you get from it.

Set it up and enjoy it!

You will be amazed by how delightful this experience can be!

What is the best time for tantric sex?

Honestly? Any time works!

For instance you can have a whole week end focused on tantric sex with in depth exploration of your new skills...

Or you can have a morning quick energetic tantric session before you get up...

Or you can have a 15 min lunch tantric sex break.

Or have a whole evening dedicated to tantric pleasure.

All of these options do work, no need to limit yourself.

Now, I believe that amongst ALL these possible choices, the one that suits best our natural rhythms is evening 8-10pm.

You don't have to stretch your session for 2 hours of course. You can have for instance a 30 or 60 min tantric play session around that time of the evening.

If you want to develop your tantric sex skills, I believe that's the best time to practice.

A 2 hours space gives you plenty of time to dive into it.

The evening creates a refined and romantic energy.

Lower the lights, uses candles and incense.

You can really set it up like a daily tantric play meeting with your partner.

Stronger - Softer - Perfect

These 3 words are 3 core feedback indicators you can use in tantric sex to tell your partner what you need.

You don't need to use them all the time of course.

Very often, it's way more exciting to let your partner search for the absolute best way to please you without saying a word...

How long should a tantric sex session last?

It depends of course on the circumstances.

Week days might need shorter sessions whereas weekends give you more space.

If you are new to tantric sex, I would definitely start with short 15 min sessions max.

They can even be shorter to 5 or 10 min.

Check with your partner and make sure you agree on a time frame.

It's important that you check if you or your partner has to leave soon or if you have plenty of time.

In my opinion, having frequent short sessions works slightly better than one long 2 hours session once a week for instance.

Think of the way you eat for instance. You have a meal or snack every 3 hours, right?

Or when you train your body, you build up your level of fitness by exercising every day for an hour rather than just running a marathon on Sunday, right?

Tantric sex is an energy you build following the same type of principles.

You can build up tantric sex energy a bit in the same way, by having short tantric sex moments throughout the day or the week.

Of course, a onetime long practice in the week end is totally an option too and will work perfectly if that's what you prefer.

It's essential as well to always check with yourself and your partner to see the time that's best for you two.

Is it day time during the week, week days evenings, evenings in weekends,

Tantric sex

middle of the night when you feel a desire rush?

Timing is super important and identifying what works best for your couple will strongly empower your tantric sex practices.

Once you are comfortable with short sessions, you can extend these sessions to 30 min and eventually 1 hour or a few hours.

It could easily take you a couple of months to build up your energy to the point where you can easily go for a 2 hours tantric session.

Remember though that you want to leave on a high with the feeling that you could easily go on if you wanted to.

Many people who start with tantric sex will make the mistake of wanting to press all the juice out of a session.

They experience a bit of the tantric bliss and don't want to let it go by fear of not being able to recreate that experience again.

Remember that the goal is to be able to play with your tantric sex energy at will.

You can trigger it any time you want and even play with its intensity.

That's one of the core targets of tantric sex.

To your tantric sex power!

How to start and finish a tantric sex session

One good way to go is simply to sit in front of each other cross legged and have a short meditation minute.

You can do this with open or closed eyes.

Synchronize your breathing.

Smile!

This gives you the possibility to refocus your energy and create space in your mind.

Join your hands in front of your heart or third eye chakra in a prayer position.

You can as well express your wishes for this session internally or verbally to your partner.

You can say for instance: "I want to invoke the tantric sex spirit and infinite love - I want to give my partner immense pleasure and bring him (or her) to absolute bliss - I want our energies to merge and be one..."

This is of course just an example.

You can spontaneously say your own invocation.

You can as well ask for guidance or help.

Again, this can be done internally or out loud.

You can speak in your own name or in the name of your couple.

Tantric sex minute

Along the same line as having a 15 tantric energy boost, you can do this for just a minute.

It can be in the form of an energy technique you practice together, a kissing minute, a quick lingam or yoni stimulation.

You can as well have sex with intercourse for just a minute.

Waking up desire this way without consuming it for more than a minute can leave you with a high degree of excitement for the evening for instance.

You can as well practice this consciously and if circumstances allow it, have for instance 20 tantric energy minutes spread during the day.

You can decide to meet every 30 min for instance at fixed times.

Or you can go to your partner and play with them for a just a minute.

For this practice, it's important that you drop it after a minute. You trigger the excitement and desire for a minute and let go.

You can practice this at fixed times every 30 min or you can keep it open and spontaneously go to your partner when you want, at random intervals and play for a tantric sex minute.

In this tantric sex minute, you can practice an energy technique, yoni or lingam kissing, yoni or lingam massage, kissing, any form of sensual touch and even intercourse.

Tantric sex - Energy breaks

You don't need a whole hour or lots of time to engage in tantric sex play.

A 15 min quick tantric energy impulse can do wonders.

You can have various levels of intimacy when engaging in such energy exchange.

You can as well boost your day by having frequent breaks like this one spread during the day.

Your desire stays then high for hours afterwards triggering exciting fantasies and the desire to meet again later.

Try it!

Different people might have different tastes

Something that worked with a previous tantric sex partner might not necessarily work for someone else.

Your new partner might find it inappropriate, uncomfortable or even be turned off by it.

Here are some examples of these possible differences from person to person:

- How much pressure she likes on her clitoris.
- Type of favorite stimulation, finger, tongue or intercourse.
- Favorite sex position.
- Being turned on or turned off when you see your partner pleasuring themselves.
- Openness to invite other people to play with your couple.
- The best time for sex.
- How much structure to give to your tantric sex session.
- Being totally passive while your partner stimulates you.
- Etc.

When you check it, you see that there many variations from person to person.

It is always good to ask your partner to get a confirmation.

The simplest questions to ask are:

- How does that feel?
- Do you like it when I do that?
- From these two options which one do you prefer?
- Etc.

Plan your tantric sex sessions

You have two ways to go with tantric sex sessions.

The first one is to follow your passion and simply engage with your partner spontaneously when you feel like it.

The second one is to plan your sessions.

Both approaches work really well, so you can experiment and see what suits you best.

Why plan?

Because everyone is very busy these days and if you want to consciously engage in a tantric energy build up, planning your session will secure that space and prioritize this activity.

The best times for sessions are morning after waking up and especially evenings when energy enters in the refinement mode.

Decide who will be leading, that way the one who leads can choose one or more techniques, the length for the session and prepare the space.

I know that planning a tantric sex session can feel less passionate, romantic or spontaneous but it is VERY powerful.

To get turned on and wake up desire, you can initiate practice with some dynamic breathing techniques, yoga poses, an energy building technique or a kissing minute.

Even if you are not into it at first, your desire can wake up very fast. Once you give each other's bodies a bit of attention you are usually ready to go!

We plan yoga sessions, training at the gym and all sorts of other activities. Why not plan your tantric sex sessions?

If you rely on simply finding spare time for tantric sex after long and busy days, you might systematically end up with late night practices or even be too tired to even engage into it.

Tantric sex

When you plan it and consciously open space for it, you empower your tantric sex life immensely.

You give it time and give it priority too!

Interval stimulation - Build up energy and avoid over excitement

This one is especially useful to avoid over stimulation and loss of semen.

It allows you as well to build up tantric energy for much longer so that sessions last for one or even a few hours.

This technique is simple.

Suppose that you are a woman and that you stimulate your partner's lingam with a strong hold massage technique.

He is lying on his back and you are sitting cross legged on his side next to him.

Here is what you do:

Instead of stimulating him continuously for minutes, you follow the rhythm of your conscious breathing technique.

Choose a breathing technique.

It can be any breathing sequence.

Synchronize this breathing technique with your partner so that you two follow the exact same rhythm.

The simplest approach is to breath in for 8 sec, hold for 16 sec, breath out for 8 sec.

You stimulate your male partner's lingam only when you hold your breath.

On the breathe in and breathe out, you stop massaging him but keep your hand on his lingam if he can take it.

Remember that you and your partner synchronize your breathing.

This means again that he will be stimulated only when he is holding his

Tantric sex

breath.

What this does is that it builds up excitement and tantric energy without taking the risk of semen loss.

Because you consciously regulate how much stimulation you apply to his lingam, you can literally last for hours with that one.

In the beginning, start with 5 min, have a feedback minute with your partner.

Once you are ready with first tests, you can progressively increase the session's length to 15 min, 30 min, 1 hour and even 2 or more hours.

To add variation, you can change positions and for instance he can kneel or stand. You have many possible positions for lingam stimulation and I will describe them in detail in another post.

Of course, as with other techniques, you can reverse the roles and have your partner massage your yoni using the exact same rhythm.

You can as well use this technique as a self pleasure approach when your partner's not around.

That's a super powerful technique to build up tantric energy and get sessions to last way longer.

Synchronize your breathing

At any moment of your tantric exchange you can use this simple breathing synchronization.

Simply take a minute or more to breath at the same time following the same rhythm.

That's a powerful to get in tune with each other and connect.

Combine a breathing technique with sexual stimulation

Use a breathing technique with sexual stimulation.

For instance if you are a man and your tantric partner massages your lingam, you can practice for instance the following technique:

- Breathe in for 8 sec
- Hold for 8 sec
- Breathe out for 8 sec

Take deep breaths as you practice this.

If you get too excited, you can ask your partner to massage you more softly so that she doesn't over stimulate you.

Another way to go is to let her stimulate you only when you hold your breath.

This means that she stops massaging you when you breathe in and breathe out.

Once you get used to this technique, you can stretch the "hold" time to 16 sec for instance.

You simply count internally.

Why is this such a powerful technique?

Because the alternation of rest and stimulation combined with this conscious breathing technique builds up an incredible amount of energy and sexual flow in you.

You can practice this technique for just 5 min in the beginning.

Once you and your partner get used to it, you can stretch the time to 15 min and eventually to even longer 30 or 60 min sessions.

Tantric sex

There is no limit.

You can of course use lingam kissing stimulation instead of hand if you like.

You can as well reverse the roles and stimulate her yoni using the same type of rhythm.

This is just a first hint:

The core idea is always the same no matter which way you go. In this case it is to combine sexual stimulation with a breathing technique.

You have dozens of other possible techniques that you can use.

This is a vast topic in the yoga field.

That's a first hint.

It's incredibly powerful to build up tantric energy!

Set a time length for the session before you start

Timing is super important.

Your partner might have to leave soon, need rest or have the whole afternoon to play.

You don't know, right?

Find out BEFORE you start playing!

That way, you are warned and you both know for how long this session will go.

Imagine that you are in the middle of a super intense tantric wave and your partner tells you they have to leave.

If you don't know about it, it can hit you and not feel nice at all.

For how long should your tantric session last?

If you are new with it, start with short 5- 15 min sessions.

Once you gain practice and are in tune with each other, you can stretch these sessions for 1 to a few hours.

Make sure that you check with each other before you start and decide for how long you want to practice.

This will avoid interrupting each other's flow without warning.

Of course if you know you have the full night for each other, you can be way more flexible and go with passion's flow.

Less structure and more spontaneity is super exciting too.

Keep the communication channels open with your partner and make sure that you both agree and like whatever you decide.

Tantric sex + Yoga poses

Combining tantric sex with yoga poses is incredibly arousing.

It could be because when you take a pose, you already activate your life force.

Adding sexual stimulation can take these poses to a whole new dimension of pure pleasure.

What does it look like?

Here is an example:

If your partner is a male, taking the poses and you are a female, you can for instance kiss his lingam with every pose. I don't mean just a gentle kiss on the surface. I mean actively stimulating him with your tongue and lips.

As he holds each posture, find the best way to reach his lingam and kiss them with delight.

Play with this! It's really lots of fun.

Let him hold the pose for a bit longer than he would if he was alone.

Then let him shift pose and join him again by approaching your lips to his lingam.

You can use your hands, whole body or just tongue and lips.

For instance, only using tongue and lips will create lots of excitement as it brings this extra desire call which stays suspended.

You can flow like that between a few poses and literally have a whole yoga session in which you simply add this lingam stimulation with your lips and tongue.

This means that the session can go on from a few minutes, a few poses to an hour or more if you like.

Tantric sex

If you are new with it, start with short sessions like 5-15 min.

Once you gain practice and are in tune with each other, you can stretch these sessions for longer.

Make sure you check with each other before you start and decide for how long you want to practice.

This will avoid interrupting each other's flow without warning.

While he takes the poses, you can as well shift practice and instead of kissing his lingam, get him to kiss your yoni.

Here is how you can do this:

You can let him take the pose and ask him to stretch his tongue out. Then, gently approach your yoni and feel his tongue massaging you or even penetrating you.

As his hands might be busy and because it could be even more arousing, you can again avoid touch with any other part of the body.

This means that only his tongue and lips can touch you.

If you want stronger stimulation, press your yoni slightly harder or closer to his lips so that he can kiss you with his full flat tongue and lips.

To hold the position, you can as well gently hold his head in the right direction. This allows him to increase his kissing pressure on your yoni.

You can of course alternate roles and if you were the female kissing his lingam, you can now for instance take the poses and let him kiss your yoni too.

You can as well let him penetrate you with every pose you take. Find the right position and get him to slide his lingam in you. You can hold the poses for a few seconds with or without movement, let him withdraw and take a new pose.

You can as well engage in more full body massage practices while posing, using lots of oils and giving special attention to lingam and yoni!

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Tantric sex

Wild, right? Are you turned on yet?

Of course, all variations of this tantric sex play are possible.

Use your imagination and take it as a practice you can develop and dive into.

As you can see, there is some structure to it.

It is not just a wild and spontaneous sex exchange.

Adding this type of VERY SUBTLE structure to a tantric sex session gives you the space to expand your horizons consciously and explore new forms of pleasure you might not find otherwise.

Alternate between you and your partner to lead tantric sex sessions

You can alternate the leading role in a session or between sessions.

The easiest way to go is to decide before the session who will be leading and let that person lead for a whole tantric session.

Another exciting way to go is to alternate leading role during the session.

For instance you can lead for 10 min and then let your partner lead for another 10 min.

Or you can bring in an idea, practice it and let your partner bring in the next idea.

If one of you is way more inspired, has many wishes and the other is comfortable with being led, one partner can keep the leadership role for a few sessions or even all the time IF IT'S SOMETHING YOU BOTH want.

I would say that in most situations, alternating the leadership role is more balanced and gives space and power to each one of you.

Remember that these "technicalities" are something you discuss together before or after a tantric sex session.

Choose who will be leading before the tantric session

A simple way to choose what to do in a tantric session is to decide who will be leading the session before you start.

Why is it important?

Because you and your partner might have different ideas and fantasies about what you want to share.

To avoid conflict, discussions or having to make choices, simply choose who the leader is for that session.

Accept the fact that you can experiment of course. It is ok to take some small risks and expand your sexual horizon.

Keep an eye on your partner.

Ask questions like "Does this feel good?", "Do you prefer this or that?" etc.

Don't engage though in a rational discussion while in the tantric sex session as this totally kills the excitement and the tantric flow. Keep that for the feedback minute after your session or in the following hours or days afterwards.

If you are leading, trust yourself and make choices, take decisions! This will give rhythm to your tantric play.

You can lead, verbally or with body language, guiding your partner with your hands.

If you are asked to do something you REALLY don't want to do, let your partner know that this goes one step too far for you.

It's very healthy to have this "veto" right so that you feel totally secure in a tantric session.

As a general guideline, I would encourage you to use your veto right only in

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very rare, extreme cases.

Very often, a new tantric idea might stretch a bit your comfort zone. However, dare to experiment.

As soon as you try, you will notice that you might actually like it a lot.

If your partner is leading, really let go of trying to direct.

SURRENDER!

PLAY THE GAME!

ACCEPT THAT YOUR PARTNER IS IN CHARGE FOR THIS SESSION!

If they suggest a practice, of course don't be there passive asking them to do everything.

Engage! Play! But let them lead!

This is one of the core keys to successful tantric sessions.

It is this ability to lead and be led.

You can alternate the leading role in a session or between sessions.

For instance you can lead for 10 min and then let your partner lead for another 10 min.

Or you can bring in an idea, practice it and let your partner bring in the next idea.

If one of you is way more inspired, has many wishes and the other is comfortable with being led, one partner can keep the leadership role for a few sessions or even all the time IF IT'S SOMETHING YOU BOTH want.

I would say that in most situations, alternating the leadership role is more balanced and gives space and power to each one of you.

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Tantric sex

Don't fall into the fanaticism or high expectation trap

Tantric sex comes from a place of freedom, not demand or pressure.

Life is already perfect the way it is now.

There is no distant goal to achieve.

You are already holy, sacred and totally fulfilled as a human being.

Tantric sex simply adds flavor, color, pleasure, fun, delight, bliss... to what already exists.

Feeling pressured is a massive turn off to anyone.

If you are in a couple, you must always start from a place of total mutual respect and freedom for each other's choices and preferences.

The fact that you practice tantric sex doesn't give you the right to tell anyone what to do (unless it is simply agreed mutual exploration within a tantric sex session).

What I mean is that putting pressure on your partner will most likely kill the magic instantly.

That's not the way to go at all.

Your partner might not be in the mood or have other priorities.

That's ok! Don't force them!

If you feel that you want to go deeper in tantric sex exploration and are not sure how your partner feels about it, the best is to sit down and have a quick chat about it...

You can say something like: "I feel there are a few tantric sex techniques I would love to explore and was wondering if it is an experience you would like to share too..."

This is an open freeing discussion where you give each other full space to choose what you want.

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Tantric sex

If your partner is not into these practices at all, you can try to take very small steps together, do some self exploration or find another potential tantric partner.

Yes, tantric sex can be a major life changing set of practices you want to bring into your life.

Yes, it could be a deal breaker in a relationship if you are full on into it and your partner is not.

This type of fundamental difference of views often happens in couples.

Other similar examples could be having children or not, where you want to live, key life style choices, life vision, etc.

When you face a dead end in your couple, always ask yourself the question: is this a deal breaker? Does it justify us splitting up over this?

If it does, then this must not stop you from expressing mutual respect towards each other. This difference of perspectives is all it is: a difference between you and them.

It is ok to be different! Not everyone needs to merge within a given stream.

As I mentioned earlier, tantric sex might be suitable for maybe 10% of people.

It doesn't mean that the other 90% don't have tantric sex potential of course!

It simply means that tantric sex is not for them for reasons like lack of need or interest, other priorities, other belief system, lack of openness, other sexual preferences, lack of time, etc...

Respect their choice at 100% and simply be free to make YOUR own choices too.

Remember that nobody owns another human being and the planet is a much better place when the only thing we truly control is our own life.

Sensual touch with oils

Here is a simple approach to connect with your tantric sex partner.

This technique can be used as foreplay to intimacy, by itself or alternated with other energy building techniques.

Simply sit crossed legged, half lotus or lotus facing each other.

You can be totally naked (ideal), top less or simply with arms and other parts of your upper body naked.

Use some sensual massage oil that you can find in new age shops or from the body shop brand for instance.

Then, simply close your eyes, breathe deeply a few times, relax for a couple minutes in that posture.

The goal now is to touch each other's body in a very gentle way.

In the beginning use only one or two fingers.

Put a few drops of oil on them and touch your partner's arm, hand and expand to parts of the torso, breasts, shoulders, etc.

One person stays passive and simply enjoys the feelings. You can close your eyes and dive into the delight of having someone take care of you.

After a minute or more, you can alternate and if you have been the one touching, become the passive one.

You can alternate like this a few times and eventually start touching each other's body at the same time.

Keep using your full hand mainly for the end of this tantric session.

Just one or two fingers might be better in the beginning.

You can as well use the top of your five fingers, one hand or both hands.

Tantric sex

Feel into it and trust your instinct.

It's not a fixed method ;)

Keep it subtle for a while.

Really! Don't rush!

You have plenty of time.

This builds up lots of sensuality and delight between the two of you.

If you want to intensify this, you can add more oil and start massaging each other's body with the full hand at the same time.

You can then come closer, face to face and let one of the partners sit on the other's person lap.

You will then massage each other's body by playing with your two bodies against each other.

At this stage, this tantric session can of course evolve to higher levels of intimacy if you are open for it but it is always a good idea not to rush, so that the subtle delight and energy built between the two of you has space to expand.

If you engage into a more passionate style, you can as well, go much more wild and let passion take over.

This type of intimacy building creates intense waves of pleasure all over your body.

You discover each other's sensual responses and it is definitely a good thing to do if you want to rebuild intimacy with your partner for instance.

You can as well take pauses, stop half way and stay silent, eyes closed in front of each other, while you dive into a silent meditative moment.

Add rhythm to this session.

For instance if you focus on touching a woman's breast, stay in that area for

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a minute before you let her take over and becomes the active one.

Same the other way round, if you touch a men's torso and start gently moving in direction of his lingam, you can approach it gently, lightly strike it just once and move away to build up desire.

If you don't know how long to stay in one area, use a few seconds to a minute as a general idea for your moves.

For instance, you alternate roles like every minute to every few minutes.

If you stretch a move for too long, the energy can slightly drop as well.

This is a dance you improvise and part of you already knows the exact pleasure moves.

Trust your instincts and own this moment.

You are the tantric artist.

Painting art and writing mantras on each other's bodies

As you explore, each other's sensual dimensions here is another direction you can dive into.

You can use some body paint (check in an art or make up shops) and draw beautiful shapes on your partner's body.

You can for instance lie down and let your partner paint on you or the other way round.

You can as well sit facing each other to do that.

Don't cover your whole body with paint of course ;) - Be subtle.

These are like winks of positive energy you give to each other.

It is a way of saying: "I love your body and I decorate it with beauty"

You can as well use sacred powders used in India for bindus. You have them in red, orange and white for instance.

(these are the colors you see siddhus often wearing with all sorts of symbols on their foreheads)

You can take some of that powder, mix it with a tiny bit of water and use your finger or a small brush to initiate your partner's body.

You can as well write words on each other.

Here are some ideas:

- Love
- Delight
- Beauty
- Tantra
- Union

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- Peace
- Harmony
- Shakti
- Shiva
- Etc.

You use each other's body as a mantric support and energize each other's body and mind by doing so.

If you want to write names in Sanskrit script go back to my site and check Sanskrit mantras.

You can learn them or directly copy them on your partner's body.

When you write a god or goddess name on your body, it is a way of reconnecting with an absolute universal reality.

Using divine names realigns your mind with a perfect plan and opens new doors of energy through your being.

I would start with just shapes and then, try a word in English.

If your partner likes it, you can then start using a non personified Sanskrit word like shantih.

After that, you can go further by using one of Shiva's or shakti's names for instance.

If for any reason you feel uncomfortable with using a god or goddess name, no problem, ok? ;)

You can stick to shapes and words in English for instance.

They have as well the power to open new energy doors throughout your body.

Ask for permission

This is something to remember with all these practices.

Check with your partner every now and then to see if they like what you do and if you are not going too far.

Be ready to respectfully stop what you are doing if you notice that anything makes them uncomfortable.

To check if they want to go further, you can say:

- Everything ok? - Do you like that?
- Let me know if at any moment you want to stop, ok? - It's important that you feel totally safe
- Is it ok if I touch you with some oil?
- Etc.

Listen, ok?

Always be respectful and give your tantric partner all the space they need if they want to interrupt a session or need to take it more slowly.

Never be pushy or demanding.

Want to play?

Entering the "tantric field" can be very challenging for many.

Why?

Because it unleashes life force in your system.

It is like jumping in a fresh mountain stream and being cleared with new energy.

Yes! Extra life force can be disturbing when you are not used to it.

It can create slight discomfort because it really changes your mind and emotions.

Opening a clear channel of energy between you and someone else means that you get very close to each other.

You see each other without veils.

You need to increase your level of trust and feel strong even though you are totally open.

When you are that open, you might feel vulnerable.

The trick is to be open without losing your power.

That's the challenge!

You can connect on a very intimate level with someone (I don't necessarily mean physical intimacy) without having to feel vulnerable.

Makes sense, right?

Connect!

This is one of the most direct expressions of tantric sex.

In fact there is no sexual expression in it anymore. It is a pure energy connection between you and someone else.

This happens when your life force is awake and flowing.

When you meet someone, there is always a potential exchange of life force, joy and energy.

It happens when you don't hide yourself or don't fear.

When you hold back your energy, it stays unfulfilled.

When you unleash, you connect without pressure or effort.

You notice that energy exchange is the core of that connection.

The key is to unleash and go deeper than the day to day level of communication.

You remove fears or walls and stand "naked" on an energy level.

Of course, your personality is still there. Your desires are still there.

What changes is that there is an extra octave of energy participating in your being and in that exchange.

When this happens you unleash a whole new set of life potentials in the way you relate to others.

Now, your tantric power is an energy you need to master.

When you master it, you generate it, exchange it or direct it at will.

It stays in your being flowing without major effort because it has become your natural state.

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Your inner channels are clear and open.

No undigested emotional blocks!

It flows!

You are in harmony with yourself and the planet.

You connect with others in a way which is super effective.

The result is a high level of joy and energy in everything you do.

Magical! Empowering for you and for all those you meet!

Turn any place into a tantric temple

If you go through a typical shopping mall, you won't see many elements reminding you of a tantric temple.

Now, when you master the tantric sex energy, you take it wherever you go.

That's the power which is given to you.

It is so strongly in you that you reflect it in your being and towards others.

Being in a state of Tantra means being alive and feeling connected energy wise with what surrounds you.

It is a state of awareness and high level of flowing energy.

You simply feel that your life force is awake and flowing.

What if you feel challenged by your environment?

What if you have to work in a cubicle and can't get fresh air for a day?

Are you still able to maintain that fresh energy in your system?

How?

Well, you need to regenerate and go back to nature regularly.

Practice tantric sex with your partner.

If you can, simply step out of a limiting environment and simply choose for spaces which reflect your internal state.

What about your house and personal environment?

Can you create a space which reflects tantric power?

Of course you can.

Ask yourself this simple question:

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On a scale of 0% to 100%, how alive is your personal space?

If your personal space does not "breathe" it is your job to make it alive!

Yes, you can!

These are probably some of the most empowering steps you can take!

Here are some tips:

- Add nature, flowers, fresh fruits, etc.
- Add streaming water, ponds or fountains.
- Choose the right location, peaceful and refreshing.
- Add pictures, mantras, sculptures, calligraphies. Some of my favorites are pictures of Khajuraho and some calligraphy I write myself.
- Create beauty. This is one of your key guiding forces: the quest to reflect beauty in you and in your personal space.
- Sing and dance. It clears the air.
- Clean your space and get rid of clutter. Add freshness.
- Create space!
- Marble, crystals, incense, candles.
- Etc.

Okay, these are some of the basics!

Remember that this is more than decorating your personal space.

Any object or element reflects a message.

Think about the objects you choose.

What is their story?

What do they tell you?

When you practice that path, you quickly notice that you develop a "tantric" taste for the way you create your personal space.

One aspect of an object is its esthetical value.

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Another aspect is its energy content.

When you engage into tantra, your personal space is your tantric temple.

It is your tantric temple and reflects the tantric energy exactly according to what you put in it.

Don't think that you need to go to some remote tropical forest in India to experience a tantric environment.

You can create and manifest a tantric temple right where you are!

Tantric sex dance!

This is one of the most amazing ways to build up tantric energy between you and your partner.

Choose a nice music, ethnic, mysterious and vibrant.

Get naked and dance, improvise on these beats.

You can touch yourself or touch your partner but in a subtle way.

Don't let passion and excitement take over.

Instead, focus on the beauty of your movements and the play between the two of you.

Play with each other's bodies!

Explore each other's sensuality!

Use your breathing.

Take postures.

Use smiles and a vast diversity of looks towards each other.

This in itself is an amazing tantric sex build up.

The proximity of your bodies will of course trigger sexual tension.

Use kisses and subtle touches. Caress each other's yoni and lingam in very subtle ways.

Let the music and dance take you like a wakeful trance.

If you practiced that with your partner and feel ready for it, you can always invite another experienced couple to your tantric sex dance.

Stay subtle and let the flow of your sensual expression and delight build up in waves of magical fire.

What about energy orgasms?

Even with energy orgasms (without loss of semen for the men), there is still loss of energy and some time to recharge your stamina.

This means that when you engage into tantric sex, it is still better not to go all the way to even an energy orgasm.

You keep on building energy without releasing it.

You will feel the sexual energy building up and opening gates in your being.

You will feel activation of the chakras especially heart and third eye.

Now, if you release energy when building up, you will actually lose precious life force in the process.

Even with an energy orgasm, it can take a few days to rebuild sexual tension.

On the other hand, if you don't release your energy but let it build up, you will put it to much better use.

After a couple of weeks to a month of tantric sex practice, you eventually reach a point where the effects of your practice become extremely present.

Your awareness starts expanding. This is due to the activation of the third eye.

At the same time, you might get this stable feeling of intense joy.

That's the clarification of the solar plexus and the opening of the heart chakra.

Once you reach this energy plateau and break through, having an energy orgasm is somehow much less of a loss of energy.

You maintain that state of sexual tension more easily.

This is as long as you don't orgasm a few times in a row in which case you

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will lose most of your stamina and get back to your starting point.

The good news is that even if you orgasm and lose energy in the process, you will be able to rebuild energy easily.

Simply give yourself time and be patient as your sexual tension builds up again.

A stream of ecstatic bliss just by being in each other's presence

When your tantric power is awake, that's exactly how it works!

Sensuality streams out of your being and wakes up the same type of sensation in those who are in contact with you.

If you engaged in waking up your tantric energy with your partner, you will feel the tantric aura of desire, sensuality and pleasure all over you for days.

It does not go away! It stays!

It activates your senses and offers you this flow of magical bliss!

This internal feeling simply does not go away for days at a time.

A look or touch from your partner radiates through your whole being.

These waves of fire are pure delight and overpower any other sensual experience.

You feel complete and fulfilled!

You might be longing for more but it is a desire you master and play with.

You can let it go or activate it at will whenever you feel inclined to.

Focus on foreplay for 3 months

When you just met someone, this is what it takes to get familiar with each other's body.

Don't rush into having intercourse.

Instead, focus on play!

Explore physical sensations and let the tantric tension build up until the simplest of your partner's touch wakes up waves of sensual delight.

Imagine how it feels to have all your senses open and awake.

The force waking up these senses and making them super alert is your sexual energy.

If you have intercourse or orgasm before you reach this point of tantric build up, you simply release the flow of energy before it expands in your whole body.

Make it flow and expand in your being by taking time to nurture it with freshness and openness.

Yes! You can stay in these foreplay stages for very long.

Can you build up tantric energy if your partner does not practice it?

Of course you can.

However the impact might be lower than if you are both engaged in it.

When you meet or exchange energy, you end up creating a unified field of energy which is the result of your two inputs.

It is like having a chat with someone. The energy of your conversation will be reflection of what you both put into it.

If your partner engages into sex with a very different idea than yours, you will end up creating something which is more a mixture of sexual attitudes than a pure tantric line.

That's ok of course!

Why? Because sex in itself already has great potential.

When you practice tantric sex, you simply add a new dimension to this natural potential.

Now, imagine that you go sailing with someone who has no clue about it.

How does that feel? You probably end up doing most of the moves, right?

With Tantra, it is the same. It is obviously more fun if you both know how to play.

If your partner is not into tantra at all, there is something you can do though:

Multiply your level of tantric power and overpower their energy.

If you are really good at it, you can guide them in a subtle way.

They will let you take the lead if they can feel you are extremely skilled at

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what you do.

You need to be directive and gentle at the same time.

It is not control. It is more like mastering and taming the sexual power in both of you.

This could be an entrance door. If your partner feels the impact of your tantric approach, they will want to know more about it and give you space to educate them.

Your tantric skills and tantric power need to be solid though.

Establish a tantric connection with someone you are attracted to

Well, the first step is definitely to make sure you own that energy yourself.

What does it mean?

That you know how to generate, delight, beauty or pleasure any time in your existence if you want to.

See tantric sex energy as a flow of fire you can master and play with.

So, the training is first with you alone.

You need at least a few techniques to freely connect with and master that energy.

Sometimes, this energy will of course spontaneously wake up in you and you will wonder "why now?"

There is always a reason.

Energies follow their own set of laws and balance of forces.

It does not come out of nowhere.

There is always a cause or a source.

Sometimes, it is simply the right time for you and the waking up of the tantric fire is this sudden breakthrough of energy.

Tantric fire is always in you.

Sometimes, it is visible. Sometimes, it is simply overpowered by other forces at play.

Now, back to the question.

Suppose that you have already a high level of mastery of the tantric sex

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energy.

You see someone and feel this tantric potential with that person.

You feel waves of desire and sensuality.

What do you do? How do you connect?

It is simple: the person you are attracted to will respond if they are touched by the same energy.

This energy is intelligent.

It is a force at play which has its own agenda.

We, as agents are part of this agenda.

Why?

Because we are creators.

It is the role of the energy to instruct us and guide us on how to use that force and play with it.

It is always a trilogy or triangle, never simply the play of two persons.

There is always a third entity or intelligence involved.

You can call this force the tantric sex spirit.

Now, this spirit has its own set of forces and balance.

To create a perfect energetic reaction, you need to find the right posture.

You find this posture on various levels:

- The right mind set, thoughts and emotions.
- The right attitude, vision or plan.
- The right action.

This is not simply an incoherent action line.

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There is a clear plan or vision behind this force.

The goal is to reach a total and absolute state of unity.

Of course, the play of sensuality is like a flirt you have with this force.

It takes you in its arms. It nurtures you and activates the fire channels in your being.

You can have a simple glimpse of that energy or a deep break through after days of sensual play.

Once you feel this potential waking up, it magnetizes you totally.

It is one of the big successes you can achieve in this life time:

A total, overwhelming, clear and energizing mystical union or opening.

A simple touch of this experience changes your life forever.

It frees your total being and repositions you as a free universal spirit rather than just someone trying to cope with society's demands.

The goal is not to escape creation.

It is to ad this quality of fire which does free your being forever.

Sex without this connection can have the same type of effect.

However, in my experience, the sponsorship of this tantric force multiplies the power and extent of a sexual experience.

Keep in mind that right now, we talk about tantric sex, but you can have similar type of experiences without sex being involved.

You can find yourself for instance naked playing in wild ocean waves under the sun and having this incredible feeling of joy. This experience can remove all fears or worries out of your mind and open new doors of total clear awareness.

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It is the same type of experience. You simply use another type of action to get there. The energies and experiences can be very similar.

But let's get back to tantric sex.

We now know that there is:

- A plan.
- A third entity (besides you and your potential partner) you can call the tantric spirit.
- A target you can reach.

Tantric build up

Sometimes, you will just feel these intense waves of desire feeling up your being.

You feel internal fire burning with passion.

It is a feeling of joy when it flows.

It is on the edge of pain when it can't be shared or feels constricted.

The next step is to free that force.

This is the challenge!

Why?

Because forces are always at play which tend to constrict or limit that fire.

The qualities of joy, delight and pleasure are not usually valued to what they really are!

So, it is our job as Tantrikas to empower them and offer them channels of expression in our own lives.

It is more than just letting it flow!

It is about offering these energies a body and line of action and expression!

Feedback minute

Sometimes your partner will do something that really stimulates a whole new flow of sensations all over your body!

At another moment they might touch you in a way which is not exactly nice.

What do you do?

Do you share your feelings on the spot?

If it's something nice you can of course!

Now, when they are engaged into tantric play, partners might not be open to be educated on something they could do differently.

The best time to give your partner any feedback is the following day or even a couple of days later.

You can say things like:

"It really works for me when you touch me that way"

or

"That created some pain..."

or

"There is something I would like you to try next time if you are open for it..."

Your words will tell them exactly what works for you and what doesn't.

Sometimes, your partner might believe they are touching you in a way you like when in fact you can't stand it!

So to avoid confusion, tell them, share, offer feedback and be open to receive it as well.

It is one of the essential keys to keep on progressing together.

Tantric sex

The key is to give feed back when your partner is open for it.

If what you have to say is challenging, warn them and ask them if it is a good moment.

Timing!

Positive feedback is of course much easier to give :)

Sensual massage oils - Olive oil - Body milk - Yogurt - Clay

These are all substances you can use to enhance pleasure and explore new sensations:

- **Sensual massage oils**

There is a good brand in the "body shop". You can as well find them in most new age shops. Get a bottle and cover your chest with it before you rub your bodies against each other. If you are a woman, use this oil as well to massage your partner's lingam. It definitely increases his pleasure and gives you a whole new avenue to stimulate his sexual power.

- **Olive oil**

Use in a moderate way. Try it first to see if you like the smell and feeling.

- **Body milk**

An excellent way to care for each other's bodies. Massage the breasts or chest, belly back legs, inner leg, feet. You can as well cover your whole body with it and go into embrace and even intercourse while rubbing your bodies against each other.

- **Yogurt**

You can use it in small quantities, poor it on a woman's breast to leak. You can as well poor some on a man's lingam to leak as well. If you are up to it, take a liter of liquid yogurt and shower with it while massaging each other's body. It's refreshing and very purifying.

- **Clay**

Another amazing substance. You can buy a package of clay for internal or external use. You can use as well art clay with lots of water. If you are lucky, you can as well find clay in nature for instance on a river bed and cover your body with it while naked in nature.

Tantric sex

All these substances have the power to add a new dimension to your tantric sensual experience. Dare to explore, play with them and don't forget to let me know if you find a new one I did not mention yet, ok?

Tantric play in nature

Nature is EXTREMELY conducive for tantric sex energy.

Imagine how it feels, when you are alone with your partner in nature and can engage in short exciting tantric play moments.

As with other contexts, you can let your imagination go wild and explore how the wind or the sun feels on your skin while your partner gives you incredible pleasure.

Dare to play!

Tantric cycles

Somehow, the evening/night seems to be more conducive for tantric sex energy.

It is not exclusive of course.

It seems that during the day, the mind is naturally geared towards more practical tasks.

The evening tends to bring more mystery, refinement, beauty and tantric excitement

Experiment yourself with this and let me know what you discover, ok?

Master your sexual energy

Master your sexual energy

This is one of the key goals of tantric sex.

The second goal is to use your sexual energy to reach a state of absolute unity.

Part 5 – Yoni

Yoni



Yoni is the Sanskrit word for female genitalia, the source of all life. Its counterpart is the lingam, the phallus.

It is also the divine passage, womb or sacred temple. The word covers a range of meanings, including: place of birth, source, origin, spring, fountain, place of rest, repository, receptacle, seat, abode, home, lair, nest, stable.

<http://en.wikipedia.org/wiki/Yoni>

Yoni massage - Clitoris stimulation - Advanced techniques

This is another core advanced technique especially for guys (or women if you and your tantric sex partner are both females).

Women will often be purely clitoridian.

This means that they orgasm mainly through clitoris stimulation.

You can stimulate the clitoris with your finger or hand. You can use your tongue and lips.

You can as well of course stimulate her clitoris through intercourse.

Now, when you have intercourse and want to increase stimulation on her clitoris, you do that by pressing your pubic bone against hers a bit stronger.

You don't focus on the ebb and flow of your penetration but rather increase the pressure between your two pubic bones.

This by itself stimulates her clitoris.

This is what often makes a woman come.

Try it! You will be amazed if you never observed that simple trick.

While you press your pubic bone against hers, you can engage either in circular movements or in and out movements.

Both types of moves will massage her clitoris while stimulating her internally as well.

Now, many women prefer vaginal stimulation.

In other terms, they prefer the feeling of penetration and get aroused by the stimulation of their G-spot.

The best way to find out what she likes is to ask.

Tantric sex

“If you have the choice between a wet finger stroking your clitoris, my tongue and penetration, which one do you prefer?”

Yes! You can engage in sexual communication and find out what she would do if she was by herself.

Next point: stroking her clitoris!

There is a hood or skin covering her clitoris.

For best results, you can pull back that skin with your thumb and stroke her clitoris with your index finger.

You see this tiny rose mount which is like a tiny wet seed.

The clitoris has thousand of nerve endings. This is why it is so sensitive to stroking.

While stroking, you can keep the finger flat on the clitoris and stroke with the full finger's length.

You can as well touch the clitoris with the top of your finger only and stroke her up and down.

It's essential as well to offer the exact right amount of pressure.

Start with extreme gentleness! As if you were touching a feather.

While you stroke, ask her if she enjoys more pressure or simply try a tiny bit more yourself and see how she responds.

When you experiment with this clitoris massage practice, you might be surprised to realize how much pressure some women can take.

If you can, get her to be totally physically still so that you can concentrate on her without losing contact with her clitoris.

Many women say that they simply prefer the gentle touch of a wet finger on their clitoris.

That's what makes them cum the fastest.

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Tantric sex

Take your time by the way. This is not a race or a competition.

Compliment her on the beauty of the texture of her inner and outer lips.

Let her know that you enjoy what you see.

If she orgasms, her clitoris can become extremely sensitive and she might reject your touch.

No worries, this extreme sensitivity moment usually lasts only for a minute and if she is open for it, you can head for a multiple orgasm session.

How much clitoris or vaginal stimulation she needs is different for every woman.

Ask her and explore it together. Listen to what she says and be open to change what you had in mind.

Listen! She will give you essential clues about what she likes or not.

Rather than a finger, you can of course use your tongue for clitoris stimulation.

Try different moves and see what she responds to the best.

Play with different pressures, your lips, various angles.

You can for instance use your full flat tongue on her vaginal and clitoris area.

You can as well play only with the tip of your tongue and focus more exclusively on her clitoris.

Again, use a finger to slide the hood that covers her clitoris, so that the tip of your tongue really is in direct contact with her clitoris.

Another technique is to slightly bite the clit area between your lips.

Be careful not to touch her with your teeth though! Use ONLY your lips.

Now, Go and explore!

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Tantric sex

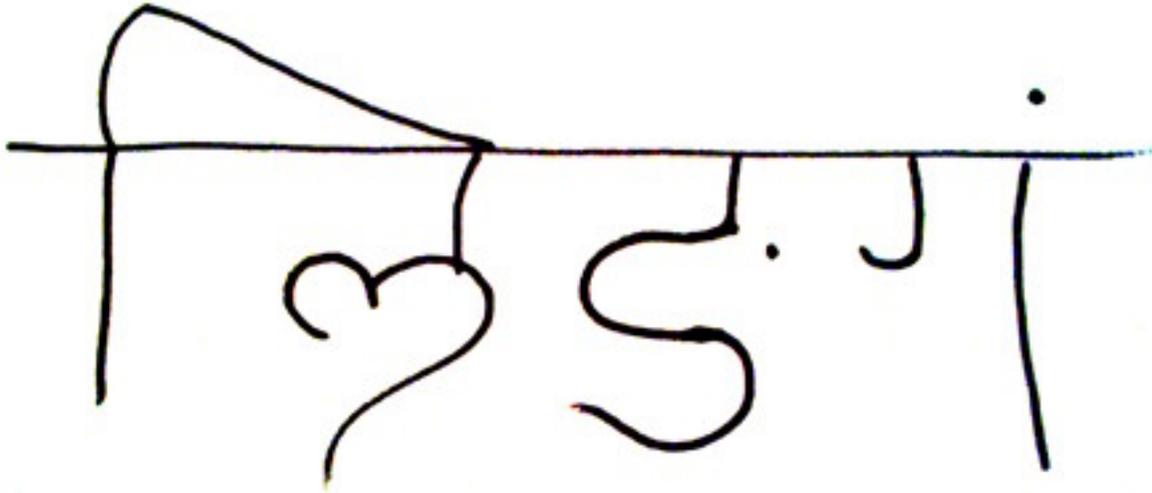
Practice! This is what makes you good at it.

Clitoris stimulation represents only one aspect of yoni massage.

In this article I talk about the woman having orgasms but in so many of the tantric sex practices it is actually more productive not to bring her all the way to orgasm.

Part 6 – Lingam

Lingam



The Lingam (also, Linga, Shiva linga, meaning "mark" or "sign") is an anionic representation of the Hindu deity Shiva used for worship in temples.[1] Although most Hindu sculpted images (murtis) are anthropomorphic, the anionic Shiva Linga is an important exception.[2] The Lingam is often represented with the Yoni, the anionic symbol of the goddess. The union represents the "indivisible two-in-oneness of male and female, the passive space and active time from which all life originates".

The origins and interpretations of the Lingam are a subject of intense debate. According to one tradition, the Lingam represents the beginning-less and end-less Stambha pillar, suggesting the superiority and power of Shiva.[4][5] Another theory suggests that the Lingam is a phallic symbol, though this explanation is disputed and most Hindus do not relate the Lingam to the phallus.

<http://en.wikipedia.org/wiki/Lingam>

Ejaculation mastery

उपहार वरिण

Upahara Vasin = Ejaculation mastery = Ejaculation control

This one is of course especially for guys.

One of the core challenges you will face with tantric sex has to do with full ejaculation mastery or control.

That's a big one!

The tantric sex energy can definitely be built up even if your level of ejaculation resistance is low.

You don't have to over stimulate your lingam, you simply come to an edge of 80-90% excitement, relax and then start again.

You can as well, flow with continuous stimulation and stay at 80% excitement for many minutes at a time.

You can practice this with your partner or in self pleasure mode.

Your partner needs to know about these dynamics and be able to stimulate you enough to be at 80% but not go too far so that you don't lose semen.

So, even if you get excited very fast and could come very easily, your tantric energy can still build up by simply modulating how much stimulation you receive.

Mastering the impulsion to come is an attitude that you train. It's a conscious decision that you make.

Once you make that decision and are confronted with the choice between stimulating further or stopping, you consciously decide to stop.

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Tantric sex

We have been programmed so strongly by nature to ejaculate that for many guys, even when they decide not to lose semen, they often still can't stop when on the edge. Their instinct to ejaculate overpowers their will power.

Did you experience that before?

You know that you decided not to ejaculate and still keep going when you are at 95% excitement on the edge of ejaculation.

It can take a few months or even longer of frequent practice to train that skill.

You need to understand the incredible benefits of not losing semen. When you don't ejaculate, you simply keep all this energy inside and stay on a high.

This is an incredible energy and stamina building technique that triggers as well consciousness gateways openings.

I'll write another article on these tantric experiences because that's where we are heading.

Back to ejaculation control.

Let's quantify your level of ejaculation mastery.

0% = Absolutely no control - This usually means premature ejaculation and you would come within a second when having intercourse.

100% = Total mastery - You lose semen only if and exactly when you want to - Even if your partner was trying hard to make you come, you would be able to keep your semen.

My guess is that most guys navigate somewhere in the 30-70% area.

If you just lost semen an hour ago, then of course, your level of control is way higher, simply because the need to ejaculate dropped.

How does all that fit within tantric sex practices?

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Tantric sex

Well, lasting longer is NOT essential for the tantric sex experience.

However it does become REALLY useful when you engage in more dynamic and passionate exchanges with your partner.

Suppose that she wants to have sex the hard way, with fast, deep, strong penetration movements.

When you increase rhythm and intensity, many guys will last 30 sec, maybe a minute.

Is this still tantric sex?

Of course it can be if that's what you prepared for and if that's your intention.

Tantric sex doesn't need to be soft and gentle.

It can be dynamic, fast and powerful as well.

It can be totally passionate and wild.

So, the question is: what do you do?

How do you engage in an active very dynamic tantric sex exchange if your level of ejaculation control is relatively low?

Is ejaculation control something you can train?

For instance can you go from a 60% mastery level to a 100%?

What does it take to get there?

What is the training approach?

Is this something you should train?

Are there any short cuts to gain total ejaculation mastery faster?

These are the core questions so many guys have.

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Tantric sex

These questions touch not only tantric sex! They touch any form of sexual activity of course!

These are the questions I want to answer for you.

Ejaculation mastery techniques can be grouped in various categories:

- Stimulation intensity techniques
- Lingam training
- Breathing techniques
- Mind training
- Pressure points
- Herbs and drugs

Erection challenge? What to do if your partner is not aroused

If you are a woman and your tantric sex partner is not aroused what do you do?

Suppose that his lingam is not erected.

Here is a simple but very powerful technique.

Many women will make the mistake of being too dynamic or intense right there.

They will try to massage him with intensity or use oral stimulation the fast way.

Be way softer!

Here is what you can do.

Simply lie next to him and put your head on his belly facing his lingam. Gently give his lingam a few kisses.

Use the tip of your tongue very slowly to touch his lingam here and there.

Do this playfully and gently.

After maybe 30 sec of this foreplay, take his lingam in your mouth and simply keep it there without moving anything at all.

Lay your head on his belly and stay like that without moving.

Rest like that together for a few minutes if needed.

There is absolutely no rush.

Every now and then, while his lingam is still in your mouth, you can move your tongue just a tiny bit and touch his lingam either with your flat tongue

or just with the tip.

Then rest again and stop moving while you keep his lingam in your mouth.

Every now and then, do this again and move your tongue again just to gently touch him just for a couple of seconds.

To ad variation, instead of using your tongue, you can as well slightly pressure his lingam with our lips.

Or you can do both: lips very slight pressure and playful touch with your tongue.

Only move your lips or tongue for a couple sec every now and then.

You want to stay totally still during most of this practice with absolutely no movement.

For instance, you can stay totally still for 30 sec and then give him this very light tongue stimulation for just a couple of sec and stop.

Then stay still for maybe 10 sec, light stimulation and stop.

Then still for maybe 40 sec, light stimulation and stop.

Don't let him predict when you will give him this bit of extra stimulation. Following your own rhythm and variation intervals makes it very playful.

This is incredibly arousing for a guy.

Very often, you will naturally feel his lingam growing in your mouth.

Simply stay there and when you feel him responding, while you still have his lingam in your mouth, intensify a bit the play with your tongue and pressure with your lips.

That's like welcoming him in the erected and aroused state.

If your partner faces erection problems, do this next time you lay in bed with him.

Tantric sex

Simply tell him: "There is something I want to do... Trust me..."

By the way, this is one of the core lingam kissing techniques you can use.

You don't need to have an erection challenge to use it with your partner of course!

Your partner will be absolutely delighted if you use this powerful stimulation technique with him.

Lingam massage positions

I already covered extensively lingam massage techniques in another post.

Something which adds spark to these techniques is to shift positions as well.

For instance the man can:

- Lay down on his back and you sit on his side.
- Lay down on his belly and you put a pillow under his belly so that his lingam doesn't touch the mat and you can reach it easily.
- He kneels and bends forward and puts either his hands or elbows on the mat. You kneel or sit behind him and reach his lingam by bringing your hands between his legs.
- He kneels up - Higher posture - and you stand behind him kneeling as well. You stimulate his lingam by bringing your hands to the front.
- He stands and you can be either behind or in front of him.
- Etc.

As you can see you have dozens of possible variations.

The simplest one is of course for him to lie down and relax on his back, while you sit next to him.

Even with your sitting position, you have a few possible variations.

You can sit cross legged, in lotus (padmasana), half lotus (siddhasana).

You can as well bring your leg which is closer to his face over his body to be more comfortable and find better balance.

You can as well rotate a bit so that your face is in his face's direction and it's your leg closer to his feet that you put over his legs. This one gives you an excellent angle for his lingam's massage.

Experiment with angles as well. It's essential that you find the best position, especially if you want to stretch the session for 30 min or more.

Take some time to experiment if you are not sure. Simply tell your partner that you will be trying a few poses to see which one works best.

Tantric sex

The one who is leading can select the poses. You can keep a laying pose for a whole session or consciously shift poses every 5, 10 or 15 min for instance.

Remember that you can encourage him to relax and be totally passive to your touch as if he was receiving any other form of massage.

Especially if he has little experience with this technique, your male partner will often try to reciprocate while you massage him.

He might try to kiss you, caress you, reach your yoni, or move his belly a lot to increase his own stimulation.

His activity can be exciting but it can as well make you lose focus on your lingam massage technique.

Him being more active can be an option of course, but what often works best is for him to fully relax and be passive so that you can concentrate on your massage technique.

If you want to engage together in an active, passionate exchange after an initial massage, that's an option too.

That's something to check in the feedback minute AFTER the session. For instance if he wants to touch your yoni in an angle that doesn't work for you and you want him to be still, that's a feedback point you can give him after the session.

You can say something like:

"I know it's exciting to stimulate each other at the same time. It was fun but for our next session, I would like to see what happens if you are totally still and passive. I have the feeling I might be able to concentrate on your lingam way better... Is this something you would be happy to try?"

This is why it is often essential to choose who leads the session. That way, the one who is led consciously accepts to let the other person experiment if they want to.

Tantric sex

If anything happens during the session that you don't like or doesn't work for you, don't let it build up negativity or resentment.

If it hurts or feels really uncomfortable, you can give him a sign that it's not really working for you.

If you can and as much as possible, try to keep that type of information for the feedback minute after the session. That way you won't interrupt each other's flow.

Free your mind ;)

None of the guidelines I give you here are static. They are only suggestions that I tested and believe work really well.

Ultimately, tantric sex is a real art and feel free to explore it in your own unique way.

How fast should you massage his lingam ?

You don't need to go fast; you can be caring and very gentle with your touch.

See it as any other form of massage as if you were massaging his body.

You can start very gently and explore his limits and then keep him at the 80% excitement level.

Honestly, the only way to learn is to try and practice.

It's something which is very natural to do and I am sure that you're already very good at it.

Lingam massage - Detailed advanced techniques

We now enter into a set of advanced techniques.

This one is especially important for women if you want to understand how to stimulate tantric energy in your partner.

In this practice, you are the active one and you stimulate your partner's tantric energy through lingam massage (massaging his sex).

I can't give you the exact graphic details of the movements you do with your hands because a short video would be more effective.

What I can tell you is that you want to practice this in a very gentle way at first.

The goal is NOT to bring him to ejaculation.

The goal is to build up sexual energy in him and bring him close to the orgasmic point without crossing the threshold.

We won't step into energy orgasm at this stage because it is not needed for this practice.

If you massage his lingam and he doesn't lose semen, he will feel totally refreshed and energized after this practice.

You focus 100% on him + guide him to stay totally passive.

Put some massage oil on your hands.

You can chose a sensual massage brand but any oil will actually work.

After that, you can sit crossed legged next to him on his side and let him lay on his back.

You can as well fold one leg crossed leg like and bring your other leg over his body.

Tantric sex

This might give you greater stability.

You can get aroused of course, but the goal here is to stay focused on him.

Focus 100% of your attention on what you are doing with your hands.

Don't forget to breathe and watch your whole body posture. You can play with this as well.

Start with very gentle touch. You use close to no pressure in the beginning.

Simply let your finger slide on his lingam without grabbing it yet.

Ideally, a lingam massage could go on for 15 min.

You can as well stretch the practice to 30 min once you both want to dive deeper in it.

This is only a guide line. You are free of course to play with a session's length, shorten it or stretch it to hours of playful practice at will.

It is usually better to have a few short lingam massages spread during the week rather than just one longer session.

Now, imagine that you are dancing with your hands.

You improvise moves while being very aware of what you do.

Let him relax while you take full charge of what you do.

This is not a complicate practice that requires some fancy technique with your hands.

Simply following your instincts will guide you to the exact pleasure moves.

Ask him for feed back a few times in the beginning if you are not sure:

"Does it feel good when I do this?"

"What do you prefer, this move or that one?"

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Tantric sex

"Does that feel good or does that hurt?"

Keep it ideally to only a few questions max in a session otherwise, you'll start appearing to insecure about what you do and it will be difficult for him to relax and trust you.

Remember that you are in charge for that session. You are leading it, not him.

Remember that a man's balls can be very sensitive to pressure.

Start with very gentle moves always and if you ad rhythm and pressure keep an eye on his reaction.

Even if he doesn't get an erection at first, you can keep massage him, gently with a couple of fingers to wake up his desire.

No pressure! No question mark!

This is not a performance and there is nothing he must do.

Once you have been sliding on his lingam with the end of your fingers for a few minutes, start adding slightly more pressure and let more fingers or even your full palm participate in this dance.

Feel these delightful moves in your body as well.

Feel this energy dancing and waking up in your whole being, not just your hands.

If he wants to move, grab you to have intercourse with you, it's always possible to shift the practice but I encourage you to stick to the lingam massage practice for 15 min at least.

Why?

Because you can go deeper in the way you stimulate pleasure in him.

Agree to this before you start.

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Tantric sex

Ask him to let you lead this part of the tantric play.

Sometimes, guys will feel uncomfortable with being passive.

They feel the urge to reciprocate.

Let him know that you will give him space to give back to you either after this session or the following day for a yoni massage this time.

Let him know that it's ok and that you immensely enjoy doing this.

Compliment him for what you see and experience:

- The beauty of his lingam
- The energy you feel vibrating in him
- How these waves of pleasure transform his whole being
- How much pleasure you get from doing this.
- The color and shape of his lingam
- Etc.

Show delight and pleasure in what you are doing and get him to trust the expert touch of your hands.

If he gives you feed back and has some requests, you can slightly shift your massaging style.

Ideally though, it is better for him to give you less hints while you do it and let you find your own way.

Otherwise, you get the feeling that he is trying to control your moves and this limits your creativity.

There is an exception though: it is if you hurt him or touch him in ways that feel uncomfortable to him.

Then of course, it is a good idea for him to say something.

The best time for feedback is after your lingam massage session.

You can take a moment an hour later or the following day to debrief on how you and him experienced it.

Tantric sex

Focus on the positives, the things you both really enjoyed (rather than spending too much time on negative comments).

The best way to reinforce positive behaviors is to praise what you both did right and suggest some points where you both can still gain skills.

The information he gives you is super precious and helps you reorient your massaging style.

After a few sessions, you can quickly become a master at this!

You are able to play with his energies and desire and get him to experience absolute blissful states.

During the session itself, you can add rhythm and speed to your moves.

There is an unlimited range for possible variations in the way you use your hands.

You can for instance:

- Use only one hand.
- Use one hand on his lingam and position the other at the very root of his lingam (between the balls and the anus)
- Keep your palm flat on the lingam and slide over the lingam's full length.
- Close your hand and fingers around his lingam and massage him up and down.
- Same technique but massage him by turning your hand around his lingam.
- Hold his lingam between your thumb and index and massage his lingam length wise over only 1/2 inch rather than his lingam's full length. You do that close to his top which is a very sensitive area.
- Hold his lingam between the palms of your two hands.
- Massage his lingam's full length while holding the previous position.
- Twist your arm and hold his lingam with your full hand while your pinky finger is the one closer to his lingam's top.
- With this previous position, once you reach his top, slide down his lingam again but this time shift your hand position so that your thumb is this time the one closer to his lingam's top.

Tantric sex

- Etc.

(I know that a video is worth a thousand words, so I might post a short video on lingam massage techniques soon if it feels appropriate)

You see that you have dozens of variations and techniques you can explore.

Enjoy and have fun with it.

There is no rush.

Remember the two key ingredients of this lingam massage session:

- Your tantric partner won't lose semen.
- Your attention is totally focused on him. You both know and agree to that.

I encourage you to lie still next to each other for a few minutes after a lingam massage session.

This will give space for these energies to sink in.

Lie next to each other without touching your bodies, simply side by side and observe the impact of this lingam massage session.

This tantric sex technique is a powerful transformation tool!

If you want to engage in further tantric sex play after your session, you can of course.

Be careful with the oils that you used though, they might not be suitable for your yoni.

If you are not sure, you can wash him lingam at the end and use another type of lubricant for intercourse.

Check the specification of the products you use. Massage oil directly in your yoni could create some irritation or burning sensation.

You notice that in this session, the male is passive, the female active.

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Tantric sex

In your next session (same day or days later), you can alternate roles and let him give you a yoni massage this time.

In another article, I will describe powerful yoni massage techniques.

This lingam massage is such a powerful technique that can totally establish complicity in your relationship.

If you are a woman, I fully encourage you to master that art.

You can't imagine how powerful this simple technique is for creating sexual attraction and play between you and your partner.

Especially if you feel you need something to spice up or reawaken your sex life, this is definitely one card to add to your skills.

You can practice a lingam massage for instance even if he feels too tired for sex.

In this position he can totally relax and let you take care of him.

It is REALLY and incredible way to create sexual attraction between you and your partner.

Don't make him cum - This one is for women

I know that if you are a woman, his loss of semen and orgasm might feel gratifying.

Some women experience that, others don't.

Now, your role as his Shakti or tantric sex partner is to help him reach this energy build up.

It won't happen if he loses semen.

Now, the heights you will reach in terms of love, union, complicity, spiritual connection are much higher if he does not lose semen and orgasm.

So, my advice is quite simple: help him.

For a guy it might be challenging to practice tantric sex if you try to push him to orgasm.

Instead, give him space. Don't focus on him coming.

Step back and let him relax when you feel he is about to reach his orgasm threshold.

Focus on energy build up instead.

There is no reason for him to come except for an instinctual response.

It is this response he wants to tame.

Help him! And get him to help you achieve the same!

You will be amazed of what happens when you do.

Use a sensual massage oil for lingam stimulation

This is a simple easy way to powerful increase the pleasure you get from tantric sex.

You can get a sensual massage oil and use it for lingam stimulation.

You can practice this with your partner or for self pleasure.

If you want to have intercourse some of these oils are not recommended as they might irritate the woman's yoni.

Simply clean the lingam before you have penetration.

Part 7 - Cosmic sex

Streams of joy

There is a moment when you realize that what you reach via tantric sex is a state of mind, energy and flow of fire that can be maintained and expressed in any life context.

Once this energy is established in your being, it flows in you all the time and gives you this emotional base of joy, bliss, delight and pleasure.

On that level, these emotions have not much to do with the original idea of sex.

You still perceive energy flow and exchange but it happens on a different octave.

When you experience this, you realize that the whole idea of sex has been transposed or transcended.

Desire is fulfilled and you reach this place where there is only joy and excitement in your being.

It is a well established fire which flows in you and energizes every aspect of your life.

It vitalizes you and connects you as well more excitingly to others.

When you reach that point, the traditional sexual needs might still be there but you feel this new energy fully grounded in your system.

Joy is now part of your life's substance.

It stays there streaming.

This is the kind of emotion you might feel when you are in love and have a great sexual experience with someone.

Remember this feeling staying with you all day as if a new stream of energy had been liberated in you.

Tantric sex

This sense of inner freedom is the special bliss accompanying the tantric opening in you.

Unveiling the secret

As soon as this ecstatic joy is unleashed in you, you want to understand how you got there in the first place.

Bliss can be a sudden gift coming out of nowhere.

Now, sometimes, bliss and joy are consciously generated in you.

They wake up in a very clear way and gain space in your whole being.

Tantric sex is the art of manifesting this inner state at will.

When you break through and find yourself in this blissful fiery space, you want to do a few things.

First, you want to protect this experience.

Let's say that you have a fire burning. If you throw water on it, you will extinguish it of course.

With tantric fire, the same can happen: you can engage into activities which will kill that fire.

You can end up in certain situations which will suppress your joy.

You can take inappropriate action and betray the spirit of joy you did build up.

Imagine tantric bliss as an infinite resource of energy.

It is a form of power.

You can for instance use that power in a negative way.

You can engage into self destructive activities.

You can forget to feed that fire.

There are many ways you can lose what you just gained.

Tantric sex

Therefore you need to know the dynamics to keep that fire alive and be able to stimulate it whenever you want.

The first awakening often seems like a coincidence.

You might still not fully know how to give space to that experience and enhance the state of bliss you just found.

The next stage is really to master that energy and use it to create something even bigger or better.

It is a path.

The resources of bliss and joy you just found are a source of energy you can invest in all sorts of activities.

You can multiply their power and impact by aligning your actions with something vaster than yourself.

This stream of fire that just opened in you is part of a larger stream of fire.

You are one line of energy amongst a much vaster field of life force.

This fire is a flame belonging to a much vaster stream of fire.

Altogether, all these individual flames represent the global stream of bliss and joy on this planet.

If you don't want to call it tantra, you can call it something else.

You can call it joy, bliss or whatever suits you.

Now, when you are part of this stream, you access as well a subtle energy connection with these other flames and the overall stream.

To a certain extent, you learn to manipulate the fire to create what needs to be created.

This is why qualities like love, respect or synergy are essential when you reach that level.

Tantric sex

Your actions need to be aligned with what is best for the planet's and humankind's long term evolution.

This attunement with a vast plan of evolution represents the magical synchronization which allows you to maintain and use this blissful fire on the long term.

This fire is a substance. It is an energy form.

It is a spirit which connects you with the world around you.

The first step was to find this energy and maintain it in your being.

The second step is to master that fire and perceive its natural shape, direction and focus.

Intelligent fire

This is the next step.

Imagine that this tantric fire is not just an inert substance.

Imagine for a second that this fire is actually an intelligent force which has a plan and a natural purpose.

This means that you can intelligently communicate with this fire and merge with it in a synergic way.

You are not alone in that.

This fire is here to sponsor your actions and life.

It is here to offer you support and empower your actions.

It exists to nurture your being and manifest joy in all levels of your life.

When this fire wakes up with you, your potential is multiplied.

The next stage in your evolution is to fully attune and synchronize yourself with that energy.

If you resist this force or go against it via incoherent actions, of course, you will tend to dissipate the fire and will need to build it up again.

Now, if you encourage its flow through synchronized action, attitudes and mind sets, you give that fire an extra boost and it keeps on growing exponentially.

This is the true magic of tantra.

Sex is just one of the vehicles you can use to access and multiply that fire in you.

Imagine that sex is a seed of fire.

You can feed it until it grows and fills your whole being.

Tantric sex

Once this happens, you are ready for your next octave which is the mastery of this fire in your being.

This mastery is an alignment of your being into that fire.

It is a synergic merge between you and this fiery intelligence.

There are many forms of intelligences on this planet.

The human type of intelligence with thought forms, ideas, emotion and actions is only a small fraction of what actually exists.

In the realm of spirits or angels, we enter into a vast new reality that humans still can't fully comprehend.

Imagine an angel which is not in a human like form.

Imagine this being or spiritual being as a vast network of energies, connecting millions of human beings on this planet.

This "entity" is naturally and instinctively connected with the vaster flow of evolution on this planet.

It is naturally synchronized with other forces of creation and responds in an organic like way to impulses and cosmic directions.

We are part of it and it is part of us.

You can actually see anything happening on this planet as the expression of a vast spiritual intelligence.

You can have for instance the spirit of a country or a city. The spirit of a family.

You can have the spirit of love or the spirit of competition.

All these "spirits" can be seen as angelic forces which "supervise" and support any form of activity on this planet.

You can see that when we describe existence in that way, we truly enter into a sphere which goes far beyond tantra.

Tantric sex

If you can't relate to this model or concept, no problem.

Simply find another model or ways of describing this which suits you.

Maybe the idea of an invisible intelligence disturbs you.

It's no problem, discard the concept and find another concept which fits better what you feel.

On the other hand, if you feel that you just touched on something essential, dive into it and imagine that the spirit of tantra is actually alive, intelligent and connecting in us all the time.

This means that we are part of a sea of fire and that we are all linked through this universal intelligent fire.

How does your tantric fire expand?

The goal of the tantric fire is to bring a refreshing stream of energy in your life.

Imagine your mind as a vast network of connections, thoughts, memories and emotions.

This network expands in time and space. It expands in the past present and future.

It connects you with other persons, lines of actions and places.

Once this tantric fire takes root in your being and starts expanding it will meet old energy patterns like undigested emotions, old mind sets or old attitudes you no longer need.

This fire is a clearing fire and will simply destroy and clear what you no longer need.

You need to realize again that this is an intelligent life force which is in tune with a long term evolution plan for yourself, humankind and the planet.

This intelligent fire has the power to recognize old patterns which will never be needed again.

This clearing process activates what you can call your renewal power.

This power is your ability to change and evolve.

It allows you to let go of what you no longer need and create space for your future.

When your mind space is saturated, you stop moving and evolving.

To create freshly in the here and now, you need a certain amount of mind space or mind freedom.

If all space and energy you have is already used to sustain what already exists, you have no energy or space left to create something new.

Tantric sex

This is why the role of this type of clarifying fire is so essential.

All this happens by itself of course.

It is not like you need to consciously do it yourself.

Most of these evolutionary processes simply happen by themselves without anyone ever noticing them.

Take a moment to think about what a human mind was like 100 years ago.

Now, imagine what it has become in terms of potential, content and activity.

This type of fire is what allows this transition and evolution to happen.

Without this renewal power, you would be simply stacked within a crystallized set of inner patterns which would stop you from evolving further.

Sometimes, when this fire wakes up and brings change in your life, you might resist it or try to keep it away from you. This happens especially if you don't understand the role of this fire.

This means that because of fear or doubts, you will simply resist evolution from taking place and by doing so, create tension and inner conflict.

Have you ever seen yourself resisting change at a given moment in your life to realize a few months later that this change was the best thing that could happen to you?

This change can touch any aspect of your life, like profession, relationship or the place where you live.

It can be more specifically directed to your mind and inspire you to shift key thoughts, emotions or attitudes.

When this transformation process is happening, you might not know where these steps are taking you and still, you feel you need to trust that something knows what comes next.

When you gain awareness, you quickly recognize these transformation forces and partner with them.

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Tantric sex

Instead of resisting them, you make space for transformation to happen.

You go with the flow and truly master this transformation process through clear awareness and conscious action.

This is where you can have an essential impact.

When you understand and clearly see how transformation happens, you are always one step ahead, recognizing this renewal fire waking up. You have a wise perception of the new future potentials and set up structures to welcome these new steps.

All this is a very magical transformation process and as I said earlier, it happens in your life all the time.

This transformation is instinctual in nature.

Now, back to the tantric fire.

This fire calls for renewal.

This means that it will sometimes stop in some area of your mind or attitudes and dissolve some old patterns simply to create new space.

You will see yourself thinking about some past event or going through a specific emotion.

You might think: "Why am I feeling that right now?"

It is simple: it happens because when this fire targets these old mind sets, it wakes them up before dissolving them.

It is a bit like digging in the ground of your memories and unveiling old structures.

After that, the tantric fire goes through and dissolves or burns these outdated mind frames.

The process is immensely thrilling and does feel like a clearing bone fire, especially when you are aware of it.

Tantric sex

The result is increased emotional freedom, feeling of space and a feeling of clarification overall.

Tantric autonomy

The goal is to be able to manifest the full tantric experience any time.

It is to master this energy and know how to express it, activate it, share it and use it.

These are skills which belong to individuals first, not couples.

Of course couples can master these arts if they both master them individually.

However, we are looking at individuals connecting first with themselves.

This is the context in which you can approach tantra.

You want to own all the tools you need to express tantra fully.

Now, we talked about sex.

We talked about energy exchange.

We talked about cosmic evolution.

You can access many avenues of tantric expression.

Sex might be just one of them.

Sex is part of a much vaster energy stream which contains all forms of energy exchange.

If you isolate the tantric sex experience and focus on that one only, you might miss the full spectrum of your mystical dimension.

Tantra does not depend on someone else.

Tantra is a stream you own yourself no matter what happens around you.

The goal is to master that stream and fully own it.

Tantric sex

Once you take that step, you are then free to share it with whoever or whatever you want.

The ultimate goal is tantric autonomy.

This means that you own all the tantric tools and don't depend on external factors to manifest that stream.

Part 8 – Invocations

May you shine with infinite love and pleasure!

May you shine with infinite love and pleasure!

You are the goddess of delight and I am one with your beauty and infinite radiance!

Your bliss is a delicious gift that fills my heart and my whole being!

Tantric sex prayer

I want to kiss you passionately and engage in this tantric sex dance with you.

I want to feel your naked skin and let my lingam touch your yoni.

I want to penetrate you with my Shiva Lingam and let our bodies engage in a wild tantric sex play.

I want to feel your lips, experience the play of our tongues and let the kundalini fire rise!

I want to see you enter in this delicious and sensual trance filled with bliss and ecstatic beauty.

This intense fire and profound desire

This intense fire and profound desire that you feel through your whole being is a stream of energy which embodies itself in you.

You let this flow radiate through your being and it opens doors of pleasure and delight in your being.

This intense sensuality that wakes up in you radiates waves of fire any time you feel a touch on your skin.

It can be a delicious kiss, simply the touch of a hand or the passionate embrace with another naked being...

These sensual pleasures flow through you and open doors of new awareness in you.

They are waves of fire.

They are limitless and wake up your inner profound tantric identity.

You radiate and exchange energy with everything in and around you.

Your chakras open up and you feel your heart tingling with refined beauty.

Behind these delightful sensations, you experience something much deeper taking place.

It is the profound transformation of your whole being.

You are now waking up to a whole new reality.

It is a state of total intense inner freedom and bliss.

You see life exactly the way it is.

No words can describe the magic of this beauty you experience right now.

It is as if your whole life had been a path leading to this experience.

Tantric sex

You now know that life will never be the same again.

You feel this initiation took place in you.

It is a fresh start which cleared old emotions and brings you into a new sphere of awareness.

You see now the profound purpose of the intense pleasures you felt before.

You are open!

You are free!

The fire breath fills you

It is an ecstatic flow of delicious beauty that fills your whole being.

It is the awakening of your life force through this tantric sexual play.

The waves of desire that wake up in you are flames of pleasure.

They energize every cell in your body and while you feel these warm passionate lips kissing your whole body you are taken in the tantric trance.

Your Yoni is alive radiating while the Shiva Lingam gently penetrates you.

You are suddenly filled with Shiva's divine energy flow.

Freedom invades you like a wave of cosmic energy.

You touch eternity.

Bliss is all over you while you move your body in rhythm.

Your pleasure is complete and your two bodies are now dancing in rhythm, together.

Sex is delicious! You love it!

This feeling of connection keeps expanding.

You recognize yourself in his eyes.

You feel you mirror each other's energies.

You want more! You want to play!

Waves of sensual fire!

Pleasure is such a thrilling sensation in your being.

Pleasure is only the visible part of a much vaster happening in your being.

Pleasure means that life force streams in you.

It is that simple!

Pleasure is only a wave your mind perceives on the surface.

The real deeper experience is a flow of energy, an opening of life force, a clearing of old emotions and patterns, a new connection established with a reality which is much vaster than you.

Don't lose touch with reality!

You are still physically awake on this planet, able to do whatever you are supposed to and at the same time, experience this fire with your whole being.

You master the tantric energy when you know you have some form of control over what happens in you.

You can stimulate the flow of tantric fire at will, direct it or stop it if your want to.

This is the moment you reach a total state of synergy with that force.

Tantric fire is instinctual and your role as a human being is to tame that fire and play with this force.

Taming is very different than controlling.

You can tame this force without limiting its freedom!

Part 9 – Mantras

In the following pages, I will give you some Sanskrit formulas you can use.

When you write a given word in Sanskrit, it connects you with the energy of that word.

It is a powerful way to open a specific energy space.

For instance, if you are a woman and want to express more of Shakti's energy, you can write the Sanskrit word for Shakti a few times.

For a specific energy to start manifesting you need to write a given calligraphy frequently.

In my experience, it can take 1 to 3 months of practice to fully ground an energy in your body and mind.

Suppose you want to manifest the energy of Maithuna or tantric sexual union, you can write the mantra a few times every day before your tantric sex practice.

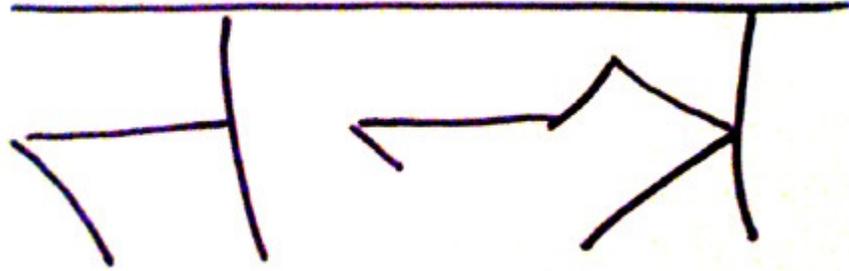
Another way to go is to write these formulas on a big white page and hang them on the walls of your tantric sex temple.

You can as well use these formulas internally and repeat a given mantra during a targeted meditation practice.

For more on this topic, check this page:

<http://vitalcoaching.com/sanskrit.htm>

Tantra



Tantra

Tantric sex

Shiva Shakti

शिव - शक्ति

Shiva Shakti

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Maithuna - Sexual union



Maithuna

Sexual union

Maithuna or Mithuna is a Sanskrit term used in Tantra most often translated as sexual union in a ritual context. It is the most important of the five makara and constitutes the main part of the Grand Ritual of Tantra variously known as Panchamakara, Panchatattva, and Tattva Chakra.

Although some writers, sects and schools e. g. Yogananda consider this to be a purely mental and symbolic act, a look at different variations (and translations) of the word maithuna clearly shows that it refers to male-female couples and their union in the physical, sexual sense and is synonymous with kriya nishpatti (mature cleansing). Just like neither spirit nor matter by itself is effective but both working together bring harmony so is maithuna effective only then when the union is consecrated. The couple become for the time being divine: she is Shakti and he is Shakta. The scriptures warn that unless this spiritual transformation occurs the union is carnal and sinful.

Yet, it is possible to experience a form of maithuna without physical union. The act can exist on a metaphysical plane without sexual penetration, in which the shakti and shakta transfer energy through their subtle bodies

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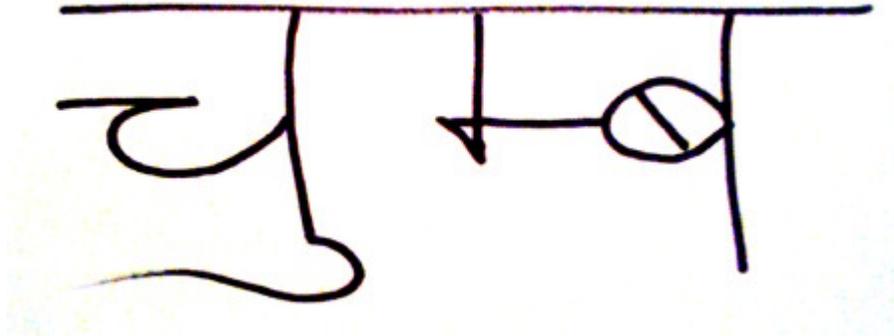
Tantric sex

alone. It is when this transfer of energy occurs that the couple, incarnated as goddess and god via diminished egos, confronts ultimate reality and experiences bliss through union of the subtle bodies.

<http://en.wikipedia.org/wiki/Maithuna>

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Chumba - Kiss



Chumba

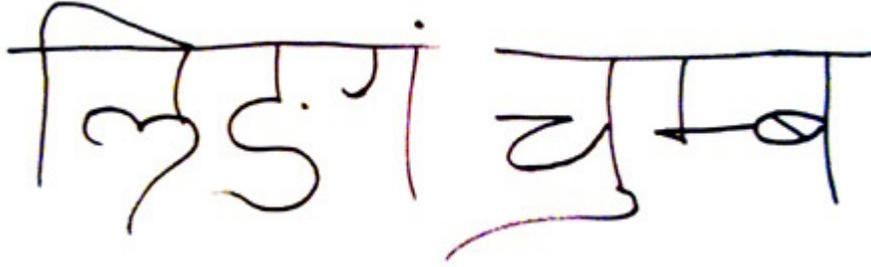
Kiss

Yoni



Yoni

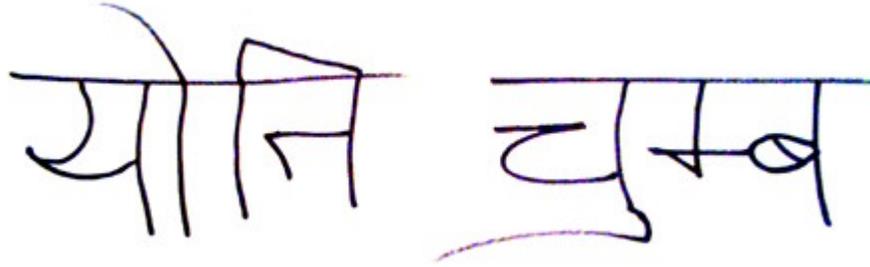
Lingam Chumba – Lingam kiss



Lingam Chumba

Lingam Kiss

Yoni Chumba – Yoni kiss



Yoni Chumba

Yoni Kiss

Upahara Vasin - Ejaculation mastery

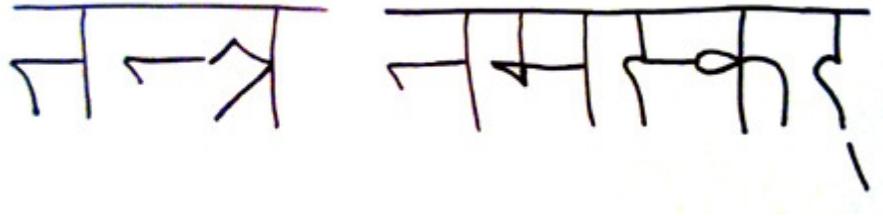
उपहार वरिन्

Upahara Vasin

Ejaculation mastery

Ejaculation control

Tantra Namaskar – Tantric salutation



Tantra Namaskar

Tantric salutation

The salutation you practice with your partner for the opening and closing of a tantric session.

Akshi Samdarsana – Eye gazing

अक्षि संदर्शन

Akshi Samdarsana

Eye gazing

Conclusion

I hope you enjoyed this book!

For many more resources on this topic including videos, audios and articles, go to:

<http://vitalcoaching.com/tantricsex.htm>

If you want to get extra help via one on one coaching sessions with me, it is simple! Check this link:

<http://vitalcoaching.com/coaching.htm>

Feedback, suggestions, questions or success stories?

Email me at francisco@vitalcoaching.com

To check the full set of 150+ exiting topics I covered so far, go to:

<http://vitalcoaching.com>

Good luck and keep in touch!

Francisco Bujan

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