Tantra, by its Sanskrit name (‘Tanoti’ means ‘to expand’, ‘Trayati’ means ‘to liberate’), has been associated primarily with practices of ancient India and Tibet, but there are symbols from as far back as Palaeolithic Europe which can be accurately matched with Tantric symbols still used today. Often also interpreted as ‘weaving’ because of its holistic, all-embracing approach, Tantra weaves together all manner of experiences in order to expand awareness, and conveys with extraordinary purity the essence of human expression.

Divine feminine and Divine masculine
Tantric teachings identify two main principles in creation. On one side is the primal male initiating aspect, which embodies consciousness and pure light, and is referred to as purusha or the god Shiva. On the other is the essential female nature of becoming, which embodies the dynamic energy behind and within manifestation, bringing forth creation and generating life, and is referred to as prakriti or the goddess Shakti. There is an obvious sexual parallel here, and Tantric philosophy encompasses an enlightened attitude towards sexuality as an essential tool for integration, both within an individual, between partners, and in the Universe.

Very closely related to Tantra, the Chinese tradition of Taoism can be traced back to around the 4th century BC. Taoism emphasises living in harmony with the source and essence of everything that exists. ‘Tao’, meaning ‘path’ or ‘principle’, can also mean ‘reality’ or ‘nature’. One essential Taoist teaching is around the polarity of opposites – the binary qualities of Yang (light, masculine) and Yin (dark, feminine). Once again, a primary expression of these female and male energies meeting in union is sexual, and it is quite natural that we should again find a valuable tradition of sacred sexuality.

The keywords here are ‘energy’, ‘polarity’ and ‘sacred sexuality’. Even if we never concern ourselves with any other aspect of Tantric and Taoist teachings, exploring these three areas will reveal a treasure of timeless teachings and practical applications that can – and do – transform lives in very tangible – and very delectable! – ways.

Westerners have struggled with sexuality for so long, yo-yoing from chastity to promiscuity, from sexual suppression to pornography, and from easy loving to sexual dysfunction. Among the conflicting messages, shifting and diverse attitudes and opposing trends, there does not seem to be an easy answer to the question of what constitutes healthy, fulfilling – and also acceptable, viable and authentic – sexual behaviour in our culture.

Most of us have trouble understanding and expressing our sexual identity authentically and contentedly, no matter what our relationship status. And when our sexuality is not given its rightful outlet, the resulting discontent seeps through to other areas of our life, putting a damper on our enjoyment of other activities and interactions. By unlocking and consciously working with our sexual energy, we get to experience not just happy love lives, harmonious, rewarding relationships and great sex, but also increased vitality, creativity, magnetism, a stronger sense of self, purpose and place in the world, a feeling of wholeness and freedom, and a real delight in being alive – a joie de vivre.

So how can I access the bliss?
Luckily, in more recent years, there has been comprehensive dissemination of previously arcane practices and, thanks to modern-day pioneers, we have available to us many practical resources to help us on our journey.

First of all, let’s look at that first keyword: ‘energy’. Everything we experience in our world is understood as an energetic manifestation – various vibrations or frequencies which may appear more or less dense, but are, nonetheless, energy. That includes our body, all of its denser constituents, its electromagnetic activity, and its subtler energetic layers. For some, sensing energy is not unfamiliar, but even those who have never tried or happened to experience anything of the kind can easily achieve energetic awareness. Attention, conscious intent and the study of Tantra will enable you to start to experience subtle energy in your body, your energetic field, and also around you.

By cultivating this sensitivity, not only will you become aware of energy, its quality and movement, but you will also start to cultivate, direct and transmute it, in and through your body. This is a kind of ‘alchemy’, an inner practice, which can also involve a partner.
Tantra is the magic of transforming your consciousness and thereby transforming your entire being

Ajit Mookerjee, Tantra Asana

Heal your future

Remember, if everything is energy and you are able to direct and transform energy, you can subdue any condition or transform not just what appears to be within you and your physical boundaries, but also what is outside of you – your outer life experience. Already you are consciously manifesting your reality, working magic...

Opposites attract
Next, let’s look at ‘polarity’. As in magnetism, energy moves between opposing poles. Opposite poles attract. Our bodies have both ‘positive’ and ‘negative’ poles which you can explore, getting to know the energetics of male and female bodies – they are different in many ways, not only physically!

Once you master ‘sexual reflexology’ – a Tantric technique in which you gently and sensually activate pressure points on your partner’s face and body to relax and arouse them to a state of sublime bliss – and apply this knowledge with techniques of energetic cultivation and direction, as well as ways of exchanging or sharing energy with a partner, you will take your lovemaking and your connection with your lover to new heights of pleasure.

A lot of sexual challenges or dysfunctions, such as loss of libido, erectile problems and inability to orgasm are very successfully overcome through these methods. Even better, not only will you overcome the challenges, you will enjoy the process and delight in discovering sensations and states of bliss that you had never imagined.

Moreover, understanding ‘polarity’ is a powerful tool to transform relationships. It could be that the passion is lost, or you are trapped in co-dependency and maybe feel you have lost yourself, your freedom or creativity. Or maybe you find it difficult to find the right partner or to sustain a relationship. Once you start to understand the core feminine and masculine essences and begin to embody your truth more, you create a different kind of polarity with your partner, or potential partner. By changing the energetics, you facilitate different ways of communication and exchange, different behaviours, and a different experience of yourself and of the other. The changes will be noticeable in every area of your relationship, not just in the erotic expression. In a relationship, we can relate as archetypes of masculine consciousness and feminine love energy, transcending many of our egocentric limitations and liberating ourselves and our potential in the process.

Accessing the Divine within you
The transcendence of the personal brings us to the concept of ‘sacred sexuality’. The word ‘sacred’ refers to ‘the spirit’ and the word ‘sexuality’ refers to ‘the body’. The two words combined describe a merging of the worlds of spirit and matter, or the ‘soul’ with the ‘body’.

When we start to connect with our inner essence, our core and true nature – as men, as women and as human beings – and when we become aware of the energetic connections that abound, we begin to view and feel our bodies differently. We no longer see them as separate from the energy that surrounds us, the life force. It starts to become very apparent that our consciousness and intelligence is part of the consciousness and intelligence that permeates all that is. We begin to experience ourselves – all aspects of ourselves including our bodies – as part of this unified force, the source of life itself. We are a human embodiment of the Divine, and our bodies (just like everything in existence) are sacred, and deserve to be deeply honoured and respected.

Just think for a moment how you might treat your body – yourself – differently, if you truly feel that you are Divine. Think how you might treat your partner differently if you felt that he or she was Divine. Think about how societies might be different if we treated each other as Divine – with love and respect.

Sacred sexuality is about experiencing levels of ecstatic bliss and unconditional love (usually only attained through prolonged practice of advanced meditation techniques or mind-altering substances) and most importantly, bringing those experiences into our daily lives. It’s about living bliss, not just feeling it. In sacred sexuality, all aspects of our being – physical, energetic, emotional, mental and spiritual – are brought to full awakening and are deeply enhanced by the sexual experience, bringing yet greater consciousness and energy to our lives and opening the way to realising and living our highest potential in all areas of life.

In practising sacred sexuality, we learn to live within the material world while integrating a vibration beyond this world. We experience physical, energetic, emotional, mental, soul-level and spiritual orgasms, understanding and using the sexual energy as ‘rocket-fuel’ to supercharge our spiritual evolution. The sexual alchemy that takes place is one where sexuality is a catalyst for higher integration. While we soar high into altered states of consciousness, we remain fully embodied, integrated men and women, living more engaged, fulfilled lives.

Through sacred sexuality, women learn to connect more profoundly and consciously with their feminine core and sexual energy, and use Tantric and Taoist sexual practices for the cultivation of hormonal, emotional and energetic harmonisation, deep healing and orgasmic bliss. Women can enjoy better health, become more magnetic, learn to expand their orgasmic experience, understand and use the sexual energy for the cultivation of hormonal, emotional and energetic harmonisation, deep healing and orgasmic bliss. Women can enjoy better health, become more magnetic, realise their orgasmic potential, and live in the bliss that is the feminine essence. Here is the key to finding true feminine power and beauty, and learning to manifest heaven on Earth.

Men learn how to connect more powerfully and consciously with their masculine core and sexual energy. They practise the art of presence, and employ Tantric and Taoist sexual practices for the cultivation, preservation and transmutation of sexual energy. Through these techniques, men learn to expand their orgasmic experience, improve their health, become more magnetic, enhance their relationships, become masterful lovers, and enjoy personal power.

You will gain deep insight into the powerful dynamics of creativity and create a blueprint for a whole new life experience. Whatever the circumstances you find yourself in, you can learn, heal, love and challenge yourself into your truth, power and radiance. This is the best expression of you in the world.

Elena Angel offers coaching in sexuality for men and women.

Visit elena.angel.com for more info.