

# TANTRA - RELATIONSHIPS OF THE FUTURE

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Australia has almost a one in two divorce rate, it's obvious that something isn't working in the male female relationships stakes. Is it that we fall "out of love"? Somehow I don't think so! Let's look at relationships. Many of us believe that a relationship is a priority in our lives if we are to be whole, so we spend a lot of time attempting to get into one. One day we find that perfect someone and 'fall in love.' (Think about it, when you fall anywhere you generally get hurt!). In the beginning of a relationship the passion is high, we can't wait to see our lover, our pulse races and generally the love making is hard and fast and wonderful and that's it... we're hooked. We marry or move in together and life continues. What generally happens however is that once the first flush of love wanes slightly (and this can take months or years), we discover that our passion is not as high, our love making not as intense and our desire slightly diminished. We can justify that by saying we have companionship or 'the children' or simply that our sexual urges obviously diminish as we get older! The question is why does this happen?

We've all heard the term 'rose coloured glasses'. When we fall in love that's what we look through. There is a saying that when you are in love, what you see is the truth of who you are reflected back out to you. So, when time wears away some of the tinting, we see each other the way we really are, warts and all. The little things start bothering us, the romance is superseded by cooking dinner, cleaning the house, caring for the kids etc. and the result is we often think the love has gone. At this point we do one of two things, we either convince ourselves that the situation is normal or we believe the grass is greener on the other side of the fence and perhaps have an affair.

When the courtship phase moves into the marriage phase, many men don't feel the need to do the courtship ritual anymore. After all, they married us, committed to us, share their life with us, what more do we want? From all the seminars I have run it appears that women remember the flowers, the phone calls of the early days, the hand holding long walks and no matter how long the relationship has been in existence, they still want the romance! Men often believe that through love making they are showing their love in a way which is acceptable to women but what women really want is intimacy and unfortunately most of us have not had lessons in opening the intimacy muscles of the heart. So, when women get sex instead of intimacy, they close down a little until sometimes, the heart actually closes to the love that is available. In these days of higher learning and education there is still a huge gap in the area of sex for it is something we are never taught and we learn from experiences which are often not fulfilling or deeply satisfying. In the book *Lover Within* there is a quote which says: "I have been penetrated thousands of times physically but never energetically." How sad to think we live our lives believing that is all there is.

What to do to change all this? Tantra, the very ancient art of sexuality, sacredness and spirituality could be the answer. Sadly, this beautiful art went underground for centuries and is only now experiencing a resurgence. Tantra was considered to be the highest of the 64 arts taught in ancient India and goes back to 5000BC. So what is it? Tantra comes from two words, Tan meaning body and tra meaning vibration; therefore one of the definitions is the vibrations of the body, another is weaving and unity.

In short Tantra is to allow the vibrations of the body to resonate and pulsate through the body creating a feeling of wholeness and oneness - unity with the beloved. A joining of the sexual and the sacred which allows the relationship to reside in the heart, not the genitals, and takes the couple to the heights of ecstasy through the intimacy of their relationship.

Many of us are afraid of surrender because we believe the latter means giving ourselves to someone else and thus losing part of ourselves. We need to understand that the surrender required in Tantra is about giving yourself to yourself and in that surrender we melt into our beloved and experience true ecstasy. If we can be in our bodies more and breathe deeper and fuller and feel our feelings, we can experience the joys of intimacy like never before. Think about it, when most people orgasm they automatically hold their breath, often tuck in their necks, generally don't make much noise and more often than not, close their eyes as they experience the feelings inside. So sex becomes a single personal experience where we 'go away' from our beloved, at least while the orgasm is happening. And talking about orgasm, for many people that is often the purpose of lovemaking. We think that we have to have an orgasm or make our partner have one in order to be 'okay' in bed. (Stats on women who fake orgasm are horrendous). How many times have we as women, been right on the edge of orgasm only to have a tiny little 'pop' that doesn't even register on the Richter scale or worse still we know we are close and suddenly that feeling is gone! What happens to the man when he thinks he hasn't been a good enough lover to satisfy his partner? He feels frustrated and it can lessen his pleasure in the sexual act. Enough non orgasms, enough unsatisfied partners and suddenly it all becomes too hard and suddenly women are too tired, have a headache or men feel so inadequate they don't initiate sex anymore and that incredible passion that drew us together in the first place is a thing of the past..

Tantra is not about orgasm and it is not about sex, it is about intimacy, about connecting with your beloved on a level never experienced, even in really great sex. It has a beautiful language all of its own. In Tantra a penis is called a lingam which in Sanskrit means 'wand of light'. A vagina is called a yoni which in Sanskrit means 'sacred space'. I don't know about you but I would far rather think of a wand of light in a sacred space than some of the slang terms for our genitals that we learned in the school grounds. A nice analogy is about valleys and mountains. In the Western world of sex the valley represents the foreplay and the mountain is the orgasm which is where most people head for. In Tantra the valley is the orgasm and the mountain is what else is available for those willing to experience the journey. Tantra teaches men that they are healers and the greatest gift they can give is to heal their beloved. It teaches women that their Shakti power (sexual energy) is beautiful, energising and something to be proud of. It allows couples to transmute sex into pure sacred, spiritual energy and it changes the very nature of their relationship.

In Tantra couples learn the importance of breathing. Breathe together (reciprocal breathing) and feel your energies harmonise. Breathe alternately (charging breath) and feel your energies heighten with love. It teaches that eye contact is a way of connecting at the deepest level and encourages couples to maintain eye contact at all times. It teaches that sound is a way to deeper, full bodied orgasms. Tantra shows men how to have multiple orgasms and no ejaculation unless they choose to. Imagine that women, a man who can take you to heights of pleasure never before experienced with no fear that he will orgasm and you will be left in the lurch. Men really do enjoy being the healers for their beloved, it fulfills them in a way that sex never could.

Tantra heals the intimacy muscles of the heart so that even sitting together and breathing connects them at a level so deep and so pure that the love expands the body and thus so too does the consciousness expand. Consider music for a moment. It is not the notes that make the music but the spaces in between the notes and in Tantra it is the spaces in between that create the magic of Tantric love. In between the passion, the fast and hard, the slow and gentle. It is in fact in the non-doing of Tantra that the ecstasy and the intimacy occurs. People who practice Tantra regularly love deeper and their relationship goes to new levels of pleasure which affects not only the well being of the one, but the

harmony of the two and this expands to the family and in ever increasing circles of precession it flows out into the world.

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