

# TANTRIC SEX



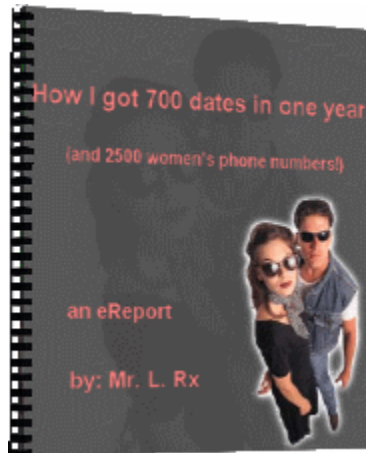
**A Compilation**

**By**

**By Mr. L. RX**

**[www.DatingToRelating.com](http://www.DatingToRelating.com)**

# How I got 700 Dates in One Year



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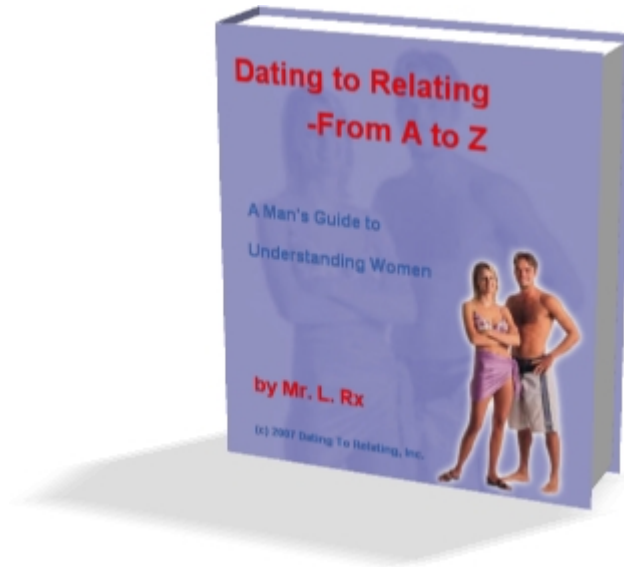
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-- TECHNIQUES that **don't require you** to have any understanding of women at all. You can be shy, UGLY, and a geek and they will work. IN FACT these TECHNIQUES will not only get you 100's of dates, but the sheer experience of going out on 100s of dates [will give you a better understanding of women](#) than anything you could ever read in a book--anything that I or any other GURU could ever say to you.

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# Dating to Relating - the Book



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### **Dating to Relating - from A to Z (A man's guide to Understanding women)**

"How I went from Stupid to Smart in just 50 years" or

"How and Why I got more dates with, relationships with and proposals from Hot Young Woman

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# Dating To Relating – from A to Z

## BOOK OUTLINE OF CONTENTS

### Dating to Relating from A to Z

(A man's guide to understanding women) or

"How went from stupid to smart in just 50 years." Or

"How I get more dates with, relationships with and proposals from Hot Young Women at age 50 than I did at age 25."

#### Introduction

How dating Guru's strategies go wrong.

Different men like different women.

Different women require different strategies.

Be yourself, or you will get someone you ultimately don't like or won't keep.

How to meet women.

The basic problem--what guys do wrong

The Differences between men and women-communication, flirting

Gradient communications

Nothing to fear, don't embarrasses self

This is what girls do, so they understand it and are impressed by it

The basic solution- observation

Reach and withdraw--communication

Get a girl to reach--a lot do it in subtle ways--observe subtleties

Does a girl accept your reach

Overwhelm--does it work- short term, yes--long term no.

Objectives

Prospecting/Qualify- is she the type of girl you are looking for

Part of qualifying is you--don't be someone else to get a girl or you

will get someone you really don't want.

How to let girls down easy. (How to reject non-prospects)

How to develop your ideal scene--meet, experience, communicate, learn

Establish future Relationship begins here

Different strategies for different settings

On the street, at the mall

The grocery store, church, etc.

You know where she works

Advertising

Dating services

Internet

Voice mail  
Friends and family leads.  
Bars, clubs  
Different strategies for different personalities  
Love girls etc,

OK, I met her Now what? (Or how do I get a second date?)  
Differences between men and women-- what women are looking for  
Basic principles  
Listen don't talk.  
Different Women, different strategies ,know what you want.

OK, how do I turn this into a relationship  
Different kinds of relationships  
Prostitution (pay for sex)  
One night stands  
Friends with privileges  
Dating with casual sex  
Lovers only.  
Arrangements (you take care of me, I'll take care of you)  
Multiple Lovers  
Swinging  
Affairs (cheating on someone)  
Girlfriend/boyfriend  
Living together  
Marriage.  
Divorce (Yes some people even have sex after marriage, sort of friends  
with privileges phase again.)

Patience--observation, reach and withdraw  
Be yourself-- find the one for you  
Romance--how to maintain and develop and keep a relationship forever....  
Seduction--how to get what you want despite any odds.

What is seduction.?

How to do it.

Multiple relationships--the best lie is the truth.  
Multiple relationships have a place in the scheme of things  
How to qualify girls for multiple relationships.

Character?

Male sexiness

Chemistry

Sex (for those who want to know) or..How to make love to a Woman...

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## **EDITOR'S FOREWORD**

If you want to become a very skilled lover, then you need to learn some of the basic Tantra principles.

That is the purpose of this free eBook. To help you learn some basic Tantra principles. Tantra techniques are actually easy to learn and can be practice on your own. So you don't even need a willing partner to increase your abilities.

Modern Tantra sexual practices have evolved from classic Hindu and Buddhist Tantra which would take years to learn and require a master to teach you, and is way more extensive then just sexual practices. Traditional Tantra is a way of channeling the energy of god or the universe within all of us.

Tantra Sex as practiced today prolongs the act of lovemaking and focuses on channeling potent orgasmic energies moving through you thereby raising your consciousness.

Tantra can help you with control to make sex last longer for both you and your partner, it can help you achieve more intense orgasms, multiple orgasms (for both men and women) and with a partner who is also into Tantra you can take sex into a spiritual level of closeness and consciousness that is not usually found.

To help achieve this, the man needs to have proper ejaculatory control and the woman needs to have control over her vagina and womb. Both partners need to have proper breath control.

There are many exercises and techniques given to you in the following essays.

Try them.

Use them.

You'll be glad you did.

(And so will every woman you meet from here on out!)

Your friend,

Mr. L. Rx



## **Tantric Sex - Tantra Exercises for Maximum Sexual Stamina** By [Sacha Tarkovsky](#)

Tantric sex is now in the spotlight but what is it and how can it help your love life? Read on and find out, its not what many people think.

We have to make it clear we are writing about neo-Tantra, or the Tantra of the New Age. The classic Hindu and Buddhist Tantra would take years to master and in any event, without a living Master to lead your progress, you would quickly either lose interest, or go astray.

Neo-Tantra as it is called is a fusion of the yogic principles and our today's busy life. They can be reconciled and then when applied to everyday events, such as lovemaking, the action becomes meditative, spontaneous and very intimate.

One prolongs the act of making love and focus' on, rather than dispel, potent orgasmic energies moving through you, thereby raising the level of your consciousness.

To help achieve this, the man needs to have proper ejaculatory control, the woman needs to have control over her vagina and womb, and both partners need proper breath control. Gaining this kind of self-control over your body and breath also is applied to your higher nature, and this is why Tantra (classic or neo) works.

In addition to enhanced lovemaking powers, you will find your sexual stamina increases as well when you practice tantric sex.

### The Deer Exercise

The deer has been observed in the forest constantly performing a similar movement as described below, and has been ascribed to not only the deer's great sexual strength and stamina, but its life-long youthful appearance. It can also give men a great control over ejaculation and women a greater grasping control within their vaginas.

This exercise is done by both men and women (this is also known as a kegel exercise). Many yogis believe that prolapse (loosening of the muscles) of the anus is a cause of premature aging.

Therefore maintaining the strength of this muscle, can help you to remain youthful. To do the Deer Exercise, squeeze and hold the muscles that help you retain your urine. As you sit, and tense these muscles, they feel between the scrotum and anus. The muscles are flexed and released repeatedly for a specific count; say to 15, then relaxed for the same period. You can do these exercises anywhere, and everywhere, in complete privacy, and the results can be understood almost immediately.

## The Three – Breath Rejuvenation Exercise

This exercise can give you not only control over ejaculation but you find yourself surprisingly refreshed each time you perform it. It can (and should) be done several times during the day. Women will also find that with greater breath control, their orgasms become more intense, longer lasting and more frequent.

To begin, close the left nostril and breathe in through the right for a specific count, say 5 to begin. Be rhythmical, and steady in your counting. After you have breathed in close the both nostrils and hold your breath for a count of 5. Then release the right nostril and exhale to a count of 5.

Without pause, repeat breathing in with the right nostril, and exhaling (after holding) through the left one. Do this at least 10 times. While you are doing so, feel your body filling up with the universal energy (imagine it at the least) and you will feel real tingling by the 6th repeated set.

If you do no more than the two exercises above, you will have achieved more success than you may have reckoned for.

The next time you have a sexual encounter, your toned up kegel muscles, and your body, full of universal energy, will perform much better.

In neo-Tanta this translates into taking your time, enjoying the situation to its full, and feeling the wonderful energy of your partner and yourself rising to new heights.

For more Free Information

On [tantric sexual exercises](#) and other ways to enhance your sex life visit:

<http://www.net-planet.org>

Article Source: [http://EzineArticles.com/?expert=Sacha\\_Tarkovsky](http://EzineArticles.com/?expert=Sacha_Tarkovsky)

## **Tantric Sex - Learning How To Connect Physically, Emotionally & Spiritually With Your Partner**

By [Peter John Granger](#)

In recent years there has been a growing interest in tantric sex - but what is it? Tantric practice originated in India over 6000 years ago as a reaction to the spiritual teaching of the time that believed that sexual and bodily expression prevented the attainment of enlightenment - tantra means to expand, manifest and to weave together, so it is a way of integrating the physical with the emotional and spiritual. Intimate sexual connection with another human being is likely to be the most beautiful and meaningful experience of our lives. It can easily take us into higher levels of consciousness. Sex is a celebration and sharing of our loving essence with another person. It is also a way of integrating the feminine and masculine aspects of our psychology that lie within both men and women. Unfortunately sex can also be the cause of frustration, disappointment and emotional pain within a relationship. Sex can become one of the ways we compensate for the guilt and fear that come out of Dependence - we might use it rather like an aesthetic to take away our pain or to release stress. When used for gratification, sex loses its potential to bring us into closer relationship with our lover. What started off in the Honeymoon stage of our relationship as an intense physical attraction can change to one of disgust and loathing if it is simply used as a way of gaining pleasure and release. Eventually sex can become dull and boring.

Sex becomes problematic when it triggers our fear of intimacy - the physical closeness makes us feel emotionally vulnerable. The intimacy means that our insecurities and needs are literally laid bare for our partner to see. Any low self-esteem will be emphasized in a sexual relationship and tend to prevent us from bonding fully. This is made worse by any negative beliefs we may have about our bodies. There may be layers of sexual guilt around unhealed oedipal issues with our opposite sex parent that create a physical and emotional separation. Some religious doctrines and societal cultures have the unfortunate effect of creating sexual guilt and this too can make it difficult to fully express ourselves physically.

We have problems with sex if it is being used to meet our needs - when we are trying to satisfy ourselves and to raise our self-esteem by using another person. The way through these problems is to ensure that sex is a celebration of love. During the early 'Honeymoon' stage of a relationship, sex is invariably good because it is part of an unconditional giving and receiving of love. It is significant that in our language, the act of sexual intercourse is called making love. Sex is therefore a wonderful opportunity to express our mutual love in a relationship - it removes any tendency to objectify our partner. If we are working to heal fear and guilt in our relationship, we will be removing the emotional separation with our partner, and this will automatically bring us physically closer. Eye contact is also important. During the Honeymoon stage, the level of eye contact between lovers is usually very high due to the intensity of the loving connection. Maintaining eye contact with our partner during sex allows us to join with them in the way that brings us very close. As the loving connection builds, we will move into higher levels of consciousness, to the point where sex has a spiritual dimension.

**The Tantric takes sex from an emotional and physical experience into the spiritual**

For sex to become a spiritual experience we need to accept our bodies as integrated parts of our spirituality. In the past we may have separated the physical, emotional and spiritual aspects of our identity. In the Tantric these all come together. To do this we need to remove all judgment from our bodies and become fully present physically.

Normally, the discovery of spiritual levels of sexual connection come as part of a personal quest for healing - where we progressively let go of fear and insecurity and become ever more present and still. During sex we can feel an increased closeness to our partner and then extend the sensations of bonding to the spiritual. It is a matter of being willing to bond at the deepest level and being able to let go of our resistance to feeling so close to somebody. As we drop our protective defenses we invite our partner to see and join with our spirit. As we feel safe, our partner will feel the same. This is not something that we have to learn, because this connection is, and has always been present - its just that we've failed to notice it. Obviously any guilt and low self-esteem or emotional and spiritual dissociation will act as a barrier to this level of connection, so we need to forgive ourselves and feel totally innocent during this process. In the tantric process there is a powerful sense of surrender - not in a frightening way but in a way that opens us up to every sensation that is available to us, physically, emotionally and spiritually.

During tantric sex we will be fully present in our bodies and feel an incredibly strong emotional and spiritual bond with our partner. It will feel as if we have melted together in love. As the masculine gift of love is fully received by the feminine, both parties are nurtured and uplifted. Not surprisingly, these can be the most amazing and joy filled experiences of our life. It is the total integration of two people and represents the ultimate pleasure that can be obtained in a relationship.

The physical aspects of sex that are often the main attraction at the beginning of the relationship, become part of a much larger emotional and spiritual experience in the Tantric stage. Many couples complain that their sex lives have lost their sparkle after many years together. This happens because they have allowed themselves to drift apart emotionally and spiritually. As we discover self-love and are able to fully connect with our partner, there is no reason why our sex lives cannot get better and better. It is through the realms of Tantric Mastery that our love for our partner grows ever stronger.

Peter Granger is an acclaimed relationship counselor and life coach. He runs relationship and self-development workshops in the UK. He has recently launched a book called 'How to Find True Love' - The secrets of Love, Romance and Successful Relationships. For more free relationship advice and information about his book, go to

<http://www.iloveyouloveme.com>

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## Tantra Yoga, Tantric Sex, or Viagra

By [Paul Jerard](#) ★

Here's a natural Yoga solution for a "pill popping culture" that does not take side-effects seriously, until they feel them, or worse. Male impotency has become a marketing Bonanza. Pharmaceutical companies are cashing in on middle-aged males. Even if you are not a male who is middle-aged, or older, your Spam folder is most likely full of "junk advertisements" for Viagra, Cialis, or Levitra.

This means there is a huge market of middle-aged men who could use a copy of the Kama Sutra and should learn some natural solutions from a qualified Tantra Yoga teacher. Tantra Yoga does not have a long list of side-effects, so there is much less, if any, risk. This might be expecting too much because this is pro-active behavior for better health.

Some men are taking these drugs and they do not even need to; it has become a strange "fashion statement." What usually happens is a quick solution is mentioned by a Viagra commercial during a football game. Ever notice the simplest solutions are not really in the form of a pill? Half of the time consumed, in a typical Viagra commercial, is spent talking about the side-effects of taking the drug. The same can be said for Viagra's cousins: Levitra and Cialis.

What the commercial visually shows is romance, and advertising firms have male behavior down to a science. Men are not listening to "common side-effect" warnings about headaches, blurred vision, bluish vision, upset stomach, facial flushing, or reactions to light. Keep in mind; these are only the common side effects of these drugs. There are a number of uncommon side effects - if you happen to be one of the unlucky ones.

Now, let's get back to Tantra Yoga, a natural solution, which does not have any adverse side-effects. I admit it: Men do not listen very well. This is not "selective hearing;" we do not listen to other men very well either. You can get a man to pay attention to a copy of the Kama Sutra though.

Since most Yoga teachers and students, outside of India, are women, I am addressing Yoginis who know the value of their Yoga practice. You might consider giving the Kama Sutra to your "significant other" as a gift. The Kama Sutra has 36 chapters and 64 sex positions, so it will not be a short and quick read. Not everything in the Kama Sutra is for everyone, but there is enough material to keep you both interested for a lifetime. Therefore, the long-term solution is not in a pill.

Learning about Tantra Yoga, and Tantric sex, will improve male sexual health at any age. Middle-aged couples can improve their own relationship, on many planes, with the help of Tantra Yoga and Tantric Sex. This is a significant point, when you look around at soaring divorce rates.

Lastly, a copy of the Kama Sutra is very affordable, and it could be the best investment you make in a relationship. Who knows - this may even get more men interested in Hatha Yoga practice.

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Paul Jerard is a co-owner and the director of Yoga teacher training at: Aura Wellness Center, in North Providence, RI. He has been a certified Master Yoga teacher since 1995.

To receive a Free e-Book: "Yoga in Practice," and a Free Yoga Newsletter, please visit:

<http://www.yoga-teacher-training.org/index.html>

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## Tantra for Beginners

By [Lexi Raine](#)

If you'd like to take your sex life to a higher plane, you might want to consider introducing some tantric techniques to your lovemaking. This is a way to control and manipulate your sexual energy – including exchanging energy with your partner and prolonging orgasm.

Tantra is more than just a way to more intense orgasm, however. It's an Eastern practice that involves the whole mind, body and soul. You may want to extend the practise out of the bedroom, as Tantra includes techniques that can affect your whole way of life. By harnessing your sexual energy and directing it towards areas of the body or mind, you can boost energy and clear blockages. Tantric practise also means treating your body and your partner's body as sacred. Sexual ecstasy is seen as a divine feeling and love making as an art that involves special skills.

### Breathing

Probably the most fundamental practical aspect of Tantric sex is breathing practise. This might mean controlling your breathing during sex to bring your attention back to the present, or synchronising your breath with your lover's. Breathing in time with your partner can lead to a feeling of merging or union that is very intimate and moving. Yoga and meditation teach breathing exercises that can be incorporated into your Tantric sessions – try focussing on a slow, long out breath to control your breathing, coupled with deep breaths from your diaphragm. While you breath in this manner, bring your attention to your partner and their breathing.

### Positions

Tantra is not about turning sex into a marathon of a hundred different positions, but the Kama Sutra does form part of the teachings of Tantra. Working your way through every position is not part of the plan, though. Sexual positions are to be explored, and for the most part you're looking for ways to prolong your lovemaking. Multiple orgasms for both man and woman are part of the fun – for him this means learning to orgasm without ejaculation. This means he needs to learn to control the muscle at the base or 'root' of his penis. Women can improve their orgasmic potential by contracting their pelvic floor muscles – try clenching as though holding in a pee, then releasing. Do this for cycles of around 10 seconds at a time, every time you remember.

The most important aspects of Tantra are to respect yourself and your partner. Rather than seeing sex as a 'naughty' or secret activity, devotees are encouraged to focus on the sacred and spiritual aspects of lovemaking. Ultimately, there is no one clear definition of Tantra as every follower has his or her own interpretation. For those who practise Tantric sex, the experience is one of constant discovery. You too will come to have your own understanding of the meaning of Tantra the more you practise the simple techniques of slowing down, paying attention and giving respect to the act of sex.

For more information about lingerie please have a look at this link: [Cheap Trashy Lingerie | Exotic Lingerie](#)

Lexi Raine is a writer for <http://www.oasislingerie.com> She has many interesting topics and ideas for all to read about. Check out more of her articles.

Article Source: [http://EzineArticles.com/?expert=Lexi\\_Raine](http://EzineArticles.com/?expert=Lexi_Raine)

## The Kama Sutra and Tantra Positions

By [John K Stevens](#) ★

When Sting came out and told the world he'd had tantric sex for twelve hours, men and women everywhere sat up and listened. While the Kama Sutra itself is not technically a tantra, there are many Kama sutra tantra positions that can be used in your sexual practices which can bring you closer to nirvana.

Tantra, specifically, is very close to magic or ritual. It is a set of practices, not beliefs, that use ritual, energy work through the chakras, and the most mundane things to help the microcosm of your individual mind join with the macrocosm around us, even if only for a moment. The Kama Sutra is a collection of love advice that in some places includes tantric positions that can be used to improve your spiritual and emotional wellbeing and strengthen your relationship with your wife or partner.

Identifying a Kama Sutra Tantra Position

Tantra positions often focus on the alignment of the chakras, which inhabit the body's midsection from pelvis to crown of head. A Kama Sutra tantra position that aligns the chakras in both partners and joins them at the pelvis is almost always going to function tantrically.

For instance, both man on top and woman on top align the chakras of partners at some easily-detectable angle. This position becomes tantric when both partners focus not only on the pleasure of sex, but on the energy building up in the chakras and its ultimate release or withholding.

Take the woman-on-top Kama Sutra position. When the woman sits up straight, with her head over her pelvis, she should be able to feel the energy uncurling from her pelvic area and moving upward through the chakras during sex. The man, for his part, will feel the same thing if he is lying flat, but it is a little harder for him to clear chakras.

A better Kama Sutra tantra position is seated man and woman facing. This allows both partners to keep their chakras properly aligned, and both are able to easily see their partner's progress as well. Tantric sex requires good timing, so partners will need to practice holding off orgasms and simultaneous orgasms.

The orgasm of both partners should occur at the same time energy blasts out the crown chakra. When the lovemaking couples achieve this simultaneity, both should experience the orgasm that is more than an orgasm, the one that leaves both floating in the void of the pure nirvana that is beyond pleasure.

For your free course teaching you all the greatest [kama sutra positions](#) using pleasurable and effective [kama sutra](#) techniques simply go to <http://kamasutramanual.net>

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## **Tantra - Gateway to Ecstasy**

By [Tanja Winter](#)

You and about 4 billion other human beings on the planet are shy about sex; you are certainly not alone. Many of us have been subjected to some pretty harsh negative social conditioning telling us that sex is bad, dirty and dangerous. Perhaps it can be, but it does not have to be that way. If you want to learn about a healthy, mature, adult sexuality this is the time and place to do it. If you want to reclaim your birthright of being in a body and experiencing the pleasure and emotional connection and spiritual awakening that sacred sex makes possible, this is the time and place to do that - Tantra sex.

Tantra teaches the totality of life: listening to your body, opening your heart, merging into the space of consciousness.

The ancient arts of sacred loving are becoming a path of choice for many modern westerners seeking sensual fulfillment and spiritual awakening.

Tantra is the place to meet yourself and your sexuality.

Tantra improves your lovemaking on many levels. Through Tantra, tantric sex skills you improve your sex life: master ejaculation control (not maybe, but definitely) and the ability to maintain an erection for extended periods of time without the use of Viagra type drug or nasal delivery technology so you can enjoy longer lasting sex.

Tantra (Tantric sex) will give your partner more sexual satisfaction and the orgasm she has always wanted. You will also discover the Tantric practice of "valley orgasm"- the ability to orgasm without losing semen or energy. Also you will experience the tantric whole body orgasm.

The Tantra guide you in the Tantric sex secrets and practices to satisfy your woman not only physically but emotionally and spiritually.

Anyone can have sex, but it takes something special go from physical activity to intimacy. Sexual intimacy involves the full range of sensual perception including touch, kiss, looks, expressions of endearment, communication, comments, and, of course, intercourse and orgasm. Tantra sex intimacy exercises can help you become more connected to your partner.

Kerry and his wife Diane founded the Australia School of Tantra, North Sydney Australia. Over the past 15 years Kerry and Diane Riley have been teachers of tantra workshops and seminars for singles and couples plus giving individual couples consultations for beginners and intermediate and advanced students.

Their tantra sexuality and Tantra goddess seminars and workshops have been a regular feature at the Body, Mind, Spirit festivals in Sydney and Melbourne. The success of Kerry and Diane's workshops and sessions has been the subject of numerous articles in the Sydney Morning Herald, Nova, Ralph, Penthouse, Men's Health, and FHM magazines.

Originally trained as a shiatsu therapist Kerry Riley has had teacher training in yoga and meditation in 'Dojo' in Japan. He was recognized world wide for the successful 'Kerry Riley's Mind Power course' which over 40,000 people attended between 1985 and 1995. Diane trained as a yoga and meditation teacher with the East West Foundation, then with Kerry studied Sacred Sexuality and Tantra with authors Dr Stephen Chang, Moore University, The Muirs, Larry Collins, David and Ellen Ramsdale, and associated esoteric systems.

They co-created the tantra video, DVD 'The Secrets of Sacred Sex' sold over 200,000 copies world wide. This is just one aspect to the quality of their work. No other tantra teachers in Australia have such a respected and international recognition.

If you'd like more information about this topic you will find it at <http://www.thebest-tantralsex.com>

All over the Internet.

<http://www.thebest-tantralsex.com>

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## Tantra Sacred Loving Step by Step

By [Al Link](#) ★

Tantra is a spiritual tradition that originated in India some 4,000 years ago. It is a way of life that celebrates and strives for the union of body, mind, heart and soul. Tantra is a form of yoga. Yoga means union. The ultimate purpose of Tantra is the union of lovers, and ultimately union with the Divine. In the Tantric tradition, sexuality and spirituality are joined. Lovers actually invite God into their bed!

Many cultures have a variation of this challenging and delightful practice, the Taoists in China and the Cheyenne in North America. There are differences in these practices, but all forms of sacred sexuality share the intentional cultivation and use of sexual energy for spiritual growth, healing, creativity and enhanced pleasure.

The practices of Tantra were first introduced to the west in the 1800s, but a Tantric revival in the ashrams of India during the late 1960s has led to a gradual popularization of these practices in Europe and North America. Recent testimonials by celebrity musicians and movie stars like Sting and Woody Harrelson have promoted it and Tantra is becoming the sexual learning of choice for those who want to have it all: a passionate sex life, a healthy body, and spiritual growth.

Tantric lovemaking involves breathing exercises, muscle contraction exercises, sound, visualization, affirmations, creating a sacred loving space and other ceremonial practices, meditation, sensual massage, and sexual play. In order to build a high sexual energy charge and to move into ecstatic states of divine connection Tantric lovers extend lovemaking over several hours, experiencing extraordinary levels of pleasure along the way.

Part of the delight of Tantra is that you can continue to learn and advance throughout years of practice; it is never-ending in its potential for growth. At the same time, it is a practice that yields immediate results. You can experience a difference in your lovemaking right now if you follow these nine simple steps.

Tantric Loving Step by Step

### 1. Intention

Regular lovemaking has a goal, orgasm. If you both come at the same instant, many believe this is as good as it gets. However, this approach often results in a great deal of frustration and performance anxiety. With Tantric sacred loving there is no goal, but there is a purpose, union. Your intention is to merge with your lover in all aspects, body, mind, heart and soul, not just body. You can help this along by looking at your lover differently, by seeing your partner as a god or goddess, as a living expression of the divine. Look for the glory, the beauty and the wonder in your playmate and in yourself and let that shine.

### 2. Creating a Sacred Loving Space

Set the mood; transform any ordinary space, bedroom, living room, etc., into a sacred space. It takes only a few minutes and costs little or nothing. The important thing is your intention, not the specific items you use. First, clean the room; vacuum, dust, and put away any clutter lying about. In the evening dim the lights and use lots of candles. Bring in plants or fresh cut flowers. A bowl of fruit is very sensual. You may wish to have a bottle of wine to share. Bring special objects that have emotional importance for into the

room. Make up a lover's bed using your finest clean linens (silk is exquisite) and have lots of pillows handy.

When you have finished creating the space, take a few moments to purify it energetically. That means consciously sending away negative or fearful thoughts and feelings, and inviting in those that are joyous, passionate and safe. Create your own rituals with sweet grass, incense, and musical instruments.

### 3. The Lover's Purifying Bath

Cleanse each other in preparation for your joyous union. Wash away the dirt and cares of the world. A hot bath with essential oils and bath salts is perfect, especially if you can both fit into the tub at the same time. A shower is the next best thing, but perfectly acceptable. The essential thing is to be squeaky clean. After all you will be eating off that skin! Make the bath a slow, luxurious affair giving complete attention to your lover. Wash and dry each other with playful abandon. Men shave or trim facial hair and apply scent. Women apply their best perfumes and lotions. Sensually prepare your bodies for the delights ahead.

### 4. Honor, Respect and Permission

Trust, surrender and opening your heart are essential if you want to reach the heights of bliss. It is not just technique that will get you there. You must join together as loving equals on the sexual journey.

Men, think of the yoni (vagina) as a potential opening, don't ever take your lady for granted! Speak softly how much you adore, love and respect her as you gently blow on her ears and nibble on her ear lobes. Let her know that you think of her constantly and how strong your desire is to make love with (not to) her. Also, let her know that you invite her to awaken sexually and to express her sexuality fully. Let her know that you are NOT caught in that tired old cultural conditioning that still insists "good girls" do not enjoy sex, the Madonna/Whore split. Make her believe you when you tell her that you know she can be all she wants to be: a successful career woman, a respectful daughter, a faithful wife, a caring mother, a passionate lover and a sincere spiritual seeker all at the same time. Tell her how beautiful she is, how wonderful she smells, and all the things you appreciate most about her. Finally, ask permission to be her passionate Tantric lover. Ladies, let your man know that he is safe! He may act macho and tough, showing little emotion, but inside most men are afraid of emotional intimacy. The tougher a man acts the greater this fear of trusting and surrendering will be. Let him know that you admire his strength, but that it also turns you on when he allows himself to be vulnerable by showing his feelings. Tell him how handsome he is and how talented. Mention all the things you like most about him. Tell him why you love him so deeply. Tell him how much you think about him when he is away, and how you have fantasies about making love with him and touching him when he returns. Make him believe that you really want him sexually. Finally, ask permission to be his passionate Tantric lover.

### 5. Foreplay

Two simple ways to tune into each other are harmonizing your breathing and gazing deeply into each other's eyes. By matching your breathing rhythms and making soulful eye contact you connect emotionally and energetically as well as physically. Begin to explore each other's bodies with wonder, lust and playfulness.

Remember, in Tantric sacred loving there is no goal. You are not trying to get somewhere. Each touch is complete in and of itself. Once you master how to work with

your sexual energy both lovers will discover they can have orgasms just by touching fingers together, or looking into each other's eyes across a crowded room! So men are not in a hurry to get at the woman's breasts or into her yoni. When touching her body, start at the extremities, fingers and toes, and work in toward the hot spots. Go slowly! Generally men enjoy having their genitals touched at any time, but women usually only enjoy having their breasts and genitals touched after they are already sexually excited from other touching, stimulating conversation, or emotional connection. Make sure the woman is well lubricated before any attempt at intercourse. If possible, help her to have a clitoral orgasm before moving on to intercourse.

#### 6. Intercourse

Five to fifteen minutes of lovemaking is usually not satisfying for women. Men can learn to delay ejaculation so that lovemaking can be extended for hours. A man can delay ejaculation for weeks or months at a time, not just during one lovemaking session. A man who masters his ejaculation response can separate orgasm from ejaculation and become a multi-orgasmic-man! Such a man can last long enough in lovemaking so that his female partner will have enough time to also have multiple orgasms.

Although Tantric loving lasts several hours, this does not mean you are having active intercourse during that entire time. Intercourse is interspersed with touching, oral play, quietly holding each other, dancing, massage, etc. It is a good idea for a man to allow his erection to subside every 30-45 minutes to exchange the blood supply and recharge his oxygen and hormone levels in the lingam (penis).

#### 7. Moving Your Energy: The Passion Pump

Riding the wave of bliss happens when the lovers become totally aroused sexually, maintaining that arousal for a period of time. They build up intense hot sexual energy. For the man, if this energy has nowhere else to go, there will be such great pressure in the prostate, that it will go into involuntary spasm and ejaculation will end the lovemaking. However, with a combination of breathing, relaxation, and muscle contraction exercises both men and women can learn to circulate sexual energy through their own and their lover's body. Ultimately the ego boundaries disappear and the lovers become one in ecstatic union.

The muscle contraction exercise is very simple. If you were urinating and stopped the flow of urine in mid-stream you would be contracting exactly the right muscles in exactly the right way. This squeezing and relaxing of muscles around your genitals is called the PC Pump. It's the first and most important exercise in learning to circulate your sexual energy.

At the peak of sexual arousal, either during intercourse or manual/oral stimulation stop your normal lovemaking movements and focus on moving the sexual energy that's pulsing in your genitals. Move it up and through your body. Use slow, deep abdominal breathing to keep your body relaxed. Add the PC pumping action and visualize moving energy up your body in a ball of fire or a wave of light or a current of electricity. Through your eyes, your hands, your genitals pass this powerful force on to your lover. At first, this may seem difficult because we are not accustomed to paying attention to our internal energy. With practice, you will be able to recognize and direct it.

#### 8. Afterplay

Regular lovemaking usually ends (often abruptly) when the man ejaculates, but Tantric sacred loving often ends while the lovers still have desire. This assumes the man has

some mastery over his ejaculation response so that ending lovemaking is a conscious choice, sometimes including ejaculation, sometimes not. With Tantric loving you wind down your lovemaking with slow caresses, words of endearment and honoring each other with food and drink.

#### 9. Sharing Wine, Food and Other Sensual Pleasures

The sharing of good food, wine and other intoxicants, sensual massage, dressing up in costumes and playing sexual games are part of the ancient Tantric tradition. While Tantra is serious, it need not be heavy. Lighten up; be playful, lusty and daring!

Tantra lovers know that they are personally responsible for their own sexual fulfillment and their own spiritual progress. This may be especially important for men. Many men experience a great deal of performance anxiety. But even the greatest, most sensitive, highly skilled Tantric lover cannot make a woman have orgasms. She must be able to go to that place in herself that is orgasmic. Sexual/spiritual ecstasy has little to do with control. It requires trust, surrender and letting go. Both lovers must learn to do this. If there is some psychological work to do before you will allow yourself to open in this way, then get on with it! In the meantime, please each other with the preparation, serving and consumption of fine food and drink. Lavish each other with touching in sensual massage. Dress up (and down) for each other. Take on different personalities with different costumes; wear masks. Play and laugh together. Celebrate your spirit through your sexuality. Open your heart. Let your lover in and your love out!

Al Link and Pala Copeland own and operate 4 Freedoms Tantra in Sacred Relationship. They regularly host lover's romantic weekends near Ottawa Canada, and weeklong retreats in exotic locations. For more information call toll free from Canada or USA: 1-800-684-5308 International long distance: 1-819-689-5308. Visit their website <http://www.tantra-sex.com/> or send email: [4freedoms@tantraloving.com](mailto:4freedoms@tantraloving.com) They have four books published including Soul Sex: Tantra for Two, New Page, 2003; The Complete Idiot's Guide to Supercharged Sex with the Kama Sutra, Penguin, 2006; Relationship Recipe: Two Lives, One Love, Four Freedoms, Llewellyn 2007; Tantra Step by Step: 28 Days to Ecstasy, Llewellyn 2007.

Article Source: [http://EzineArticles.com/?expert=Al\\_Link](http://EzineArticles.com/?expert=Al_Link)

## **10 Tips For Exciting Tantric Love Making**

By [Maxine Fraser](#)

Tantra is a set of teachings and practices that are specifically designed to help us feel more and to increase our awareness of our own energy and the energy around us. Applying these teachings to love making enriches the whole experience by deepening the sexual connection between partners and creating orgasms that will blow your mind!

### 1. Keep your eyes open:

When we keep our eyes open during lovemaking, we can't hide our feelings, fears or our love. Hold hands and gaze into each others eyes for five minutes. This may be difficult to start with but try to stick with it. It starts to build the sexual intensity and connection that you have between you.

### 2. Venus Butterfly:

Also known as the one hour orgasm, this is a set of techniques which acknowledge that the woman is the initiator of sexual intimacy. If the woman is not aroused then sex just isn't going to happen! The techniques are designed to relieve women of their built up tensions so that they can relax and have a fuller sexual experience.

### 3. Peaking:

This works for both men and women but, as women normally take longer to become aroused, should be focused on the woman at the beginning. This involves taking her close to orgasm, slowing down or stopping briefly and then building the tension again. Do this a number of times and she will be in a high state of sexual awareness.

### 4. Increasing the male's sexual stamina:

Place your fingers in a circle around the lower part of the penis. This keeps the blood in for longer and thus helps to maintain the erection.

### 6. Vitamins and supplements:

L-Arginine opens arteries and increases blood flow. If you are unwilling to take this in pill form, massage in a cream containing L-Arginine to achieve the same effect.

### 5. Fun that's not geared towards having sex:

Forget about having sex and just get to know each other's bodies. Get some erotic massage oil and massage each other all over. Kiss for hours using every part of the mouth, lips and tongue. Stroke and caress each other from the fingertips down to the toes.

### 7. Relax and breathe deeply:

Take the pressure off of performing and allow the sexual energy to build more slowly by eye gazing, kissing and stroking for as long as feels comfortable.

8. Breathing exercises:

Couples should spend time first breathing together in unison and then breathing alternately. It sounds strange but it helps to build a connection.

9. The conscious touch:

This is also called kissing with the hands and this shows how important this is. It can electrify the sexual energy between you and concentrate all your senses on your partner.

10. Kegel exercises:

Both men and woman can squeeze their pelvic muscles which strengthens them for sex. In addition, if women do this during lovemaking, then the pleasure is enhanced for both the man and the woman.

Apply these techniques the next time you make love and it will be an experience that both of you will never forget!

Maxine Fraser is the webmaster at <http://www.ImprovingMyself.com> which aims to help you improve all aspects of your life and recommends the Tantra LoveMaking Course for many more tips and techniques.

Article Source: [http://EzineArticles.com/?expert=Maxine\\_Fraser](http://EzineArticles.com/?expert=Maxine_Fraser)



## **Tantric Sex Techniques - Transform Your Sex Life!**

By [Ben Evans](#)

I'm sure you have heard about tantric sex and the amazing benefits it can bring to your sex life. Tantric sex techniques enable partners to not only have amazing sex, but also create an amazing emotional connection with each other.

There are hundreds of amazing tantric sex techniques but the one thing that you must know for all of them is the importance of taking your time. With traditional sex, there is normally a period of foreplay that is soon followed by penetrative sex in one of the most common sexual positions. Most people only ever have sex in a couple of different positions.

However, tantric sex can last much longer and orgasms are often achieved in a totally different way. Sometimes, just a gently touch whilst looking into each others eyes can achieve orgasm. Imagine having this amazing tantric power! Well, here's how:

Start of sitting down, legs crossed and directly facing each other. For now, just look into your partners eyes and appreciate how beautiful they are. See them breathing and time your breathing to match theirs. Then, slowly take their clothes off, savouring each and every touch and sight. Stroke their skin but avoid the most common erogenous zones. Look deeply into your lovers eyes as you do this. They will already be feeling incredible. Slowly touch more of their body and move to the erogenous zones. Keep paying attention to their breathing and move closer together so that you are in a deep embrace and start kissing lightly. Do this for 10 minutes and then slowly move into a position where you are both sitting but the woman is sitting on top of the man. Do not progress to penetration yet. Let your bodies move together as you kiss and caress each other and then, when you are ready, progress to full penetration. Keep moving slowly and feel each others bodies entwined with each other until you both reach climax.

This tantric sex technique alone will amaze you but if you want to learn how to have the best sex life humanly possible then visit [How to Pleasure a Woman](#) today. Your sex life will never be the same again!

Article Source: [http://EzineArticles.com/?expert=Ben\\_Evans](http://EzineArticles.com/?expert=Ben_Evans)

## The Wonderful Benefits Of Tantric Sex

By [Andrew Gee](#) ★

The following article is one of a series of articles which focus on building or regaining Self Esteem, motivating and empowering men to deal with the very sensitive subject of their Sexual Health. This empowering article on men's sexual health was written in response to questions which have been asked on topics related to Men's Issues as well as address common challenges that people have with this subject. I sincerely hope that you find the following information of value.

### The Wonderful Benefits Of Tantric Sex

Although I cannot say for certain, I am fairly confident that many unhappy or even frigid women could have a far more fulfilling and satisfying life if their lovers or partners really knew how to look after them and their sexual health.

One of the objectives of Tantric sex is to take this unhappiness and turn it into a positive mindset using the body's own resources.

For many people who are over-tired or too stressed out with worries and problems are, typically, somewhat despondent about life in general and specifically are in no mood for sex. Unhappy people can also suffer from more maladies than happy people.

We can all have a lot of fun with Tantric sex. Many women are interested in Tantric sex because of the improvements to sexual health that can be harmed by the stresses and strains of modern day life and the stressful lifestyles that many of us lead today.

Men, on the other hand, enjoy Tantric sex, because it also focuses on improving erection and ejaculation. What man is not going to be interested?

Tantric sex is not just your regular "in – out – shake – it – all – about" and thank you sexual experience. In fact, true advocates who practice Tantric sex would view this as the loss of a golden opportunity to take the sexual experiences of you and your partner to a whole new level.

To quote...

*"Tantric sex means taking sex to a new dimension and using it to improve the link between body and spirit and to extend the rejuvenating power of orgasm to the whole body. After all, why shouldn't we profit from something that is in our power to do, especially since it does not take much to acquire this skill?"*

*One of the goals of Tantric sex is to stimulate the endocrine glands to produce more hGH, serotonin, DHEA and testosterone. These hormones help improve sexual health, promote the flow of blood through the body, take out the trash (toxins, that is) and strengthen the nervous and immune systems in order to increase the overall health. A person who's into Tantric sex feels healthy and rejuvenated without the use of substances or devices. Sex is quite enough to bring about these changes in a person. However, one must know how to engage in sex and what to do in bed in order to achieve this healthy state. "*

This can become a wonderful self fulfilling prophecy – improved sexual health and sexual performance also results in a huge boost in self esteem and self confidence, which in turn, reinforces an ongoing pattern of successful performance, improved sexual health and increased confidence, greater self esteem. Need we say any more?

A man who can give himself and his partner a couple of strong orgasms on a regular basis is a happy and healthy man. Not to mention that his partner is also bound to enjoy a positive view on life and a general feeling of healthy living.

Practitioners of Tantric sex claim that it has a wonderful rejuvenating effect on men and women, improving their sexual health.

Frequent and powerful orgasms are a sure way of changing somebody's mood and of relieving anxiety and depression. All the maladies plaguing the modern mind (such as stress, depression, lack of confidence, and self esteem) can be cured by having sex more often and by experiencing better and more orgasms.

Along with these problems of the mind, who knows what else could possibly be dealt with!

Through our excellent resources containing the very best in video, written and interactive sexual advice, such as our 10 Point Sex Plan, we have already ensured that bedroom blunders are a thing of the past for a number of very grateful men and their partners.

If you are keen to get sex right every time, if you are keen to bring new excitement and rekindle the fun instead of feeling the fire of doubt, then let us help you now.

Be the person you know you really want to be, you deserve it and so does your partner!

It's finally here, after years of poor quality, expensive and ultimately useless websites there is finally a program you can trust to really improve your sex life, FAST.

Our web site has been painstakingly developed to provide men just like you with the Sex Advice that you need to become the Ultimate lover time and time again.

**[Get Great Sex Advice and Your 10 Point Sex Plan Today](#)**

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## Use a Tantric Sex Position to Enhance Your Body and Spirit

By [Lynn Huber](#) ★

Tantric sex is not just regular sex. The average "in-out-have a nice day" kind of sex is seen by those who practice Tantric sex as simply wasting energy on something that could be much more than that. Therefore, one could say that Tantric sex means taking sex to a new dimension and using it to improve the link between body and spirit and to extend the rejuvenating power of orgasm to the whole body. After all, why shouldn't we profit from something that is in our power to do, especially since it does not take much to acquire this skill?

One of the goals of the Tantric sex position is to stimulate the endocrine glands to produce more hGH, serotonin, DHEA and testosterone. These hormones help improve sexual health, promote the flow of blood through the body, take out the trash (toxins, that is) and strengthen the nervous and immune systems in order to increase the overall health. A person who's into Tantric sex feels healthy and rejuvenated without the use of substances or devices. Sex is quite enough to bring about these changes in a person. However, one must know how to engage in sex, the best tantric sex position and what to do in bed in order to achieve this healthy state.

Practitioners of Tantric sex claim that it has a rejuvenating effect on men and women, improving sexual health and altering the body's chemistry by means of brain waves. Frequent and powerful orgasms are a sure way of changing somebody's mood and of relieving anxiety and depression. All the maladies plaguing the modern mind (such as stress, depression and lack of confidence) can be cured by having sex more often and by experiencing better and more orgasms. And along with these problems of the mind, one could easily get rid of other problems.

Since stress can take a toll on sexual health, Tantric sex is great for women. Tired, stressed people rarely want sex. It's possible that many unhappy women could have far more satisfying sex lives if their lovers knew how to relieve their stress. One target of tantric sex is to take unhappiness and turn it positive using the body's own resources. Men probably find the improved erections and ejaculations the best part of tantric sex. The frequent orgasms enjoyed by himself and his partner through tantric sex result in a huge boost to a man's self confidence. More self confidence equals better performance. A man who easily gives himself and his partner strong orgasms is a very happy man. And his partner is generally just as happy and relaxed. The intimacy that comes from Tantric sex is fantastic for any relationship.

Lynn writes the "Sexual Health" newsletter. The [Tantric Sex Position](#) is only one way to enhance your love life. More suggestions also be found on her blog [Male Enhancement Product Reviews](#).

Article Source: [http://EzineArticles.com/?expert=Lynn\\_Huber](http://EzineArticles.com/?expert=Lynn_Huber)

## Tantra Positions

By [Dane Bergen](#) ★

Tantra Positions: What Are They?

Tantra positions are sometimes confused with Kama sutra, and Kama sutra positions. You are going to find out that Tantra is not just specific positions. However, it is a number of positions in which you can connect with your partner. Maybe you have heard of Tantra massage. The key to Tantra is to be able to connect with your sex partner more than in just a sexual way. You are going to see that it is about connecting mind and soul with your partner, not just by orgasm, and sex.

The Tantra position

Usually the Tantra positions are known for the man laying on his back, and the woman straddling on top of him. However, this can also be done with the man sitting up, and the woman on top. You will find that this is not set in stone however. The position for Tantra is really; whatever gives the female the most sexual pleasure. Whatever position may be for you and your partner is ok. If the female is more comfortable being in a different position, then by all means, go with that position.

The Tantra Connection

What seems to be so misunderstood about Tantra positions and Tantra massage is that it is so much more than just sex. When using Tantra, the male is supposed to keep from climaxing but yet allow the woman to climax freely as many times as she can. The climax for the woman is not supposed to be forced, but to happen freely, and be unbelievable.

The Tantra Massage

The Tantra massage comes into play into the positions because that is usually where it all begins, is with massage. Once you have started massaging, you are supposed to continue through out the love making is the positions that you choose to use.

If you are interested in finding out more about Tantra positions, and massage to connect with your partner, you will find lots of information online. If you do a search, you may even find an eBook that can illustrate it to you with colored pictures and illustrations. However, you will want to also have your partner read up on it as well. So that your partner understands what Tantra is and what the goal is. Once you and your partner connect in this way, you will never want to make love any other way again.

To get your complimentary [Kama Sutra](#) course, or for my personal advice of the most pleasurable, effective and unique [Kama Sutra Positions](#), visit my website by clicking the links.

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## Secrets of Tantra - 2 - You Can Reawaken Your Relationship With the Circle of Love

By [Sudeva Hawkes](#)

Tantra in its essence is a circle of life energy flowing between two people. When that circle is flowing strongly you and your partner grow more and more deeply into harmony with each other. Your relationship comes alive. If you are single, you can still create this circle within yourself and so you discover the law of attraction. That is, the more you are filled with joy and life energy, the more attractive you become.

To understand what this life energy is, remember the first time you touched your partner or someone you felt drawn to. You probably felt a ripple like an electric current flowing between you. That is what is meant by energy. Sometimes, you may still feel it when making love and you know that something special is happening; something that often eludes you. This energy can heal your physical body and it will also heal your relationship.

Imagine your relationship naturally growing deeper and stronger with time. It is not so usual; in fact most couples grow apart with time. Yet it is not so hard to achieve. A little experiment with Tantra will show you how.

To begin, you sit facing each other with your knees just touching. If it is comfortable for you both, the woman may sit on the man's lap. This is a most beautiful posture and it brings the energy centres or chakras close together.

The secret behind this meditative exercise is that the chakras are polarised. The man's sex centre is positively charged or active. The woman's is negatively charged or receptive. It is easy to feel this. Bring your awareness to your sex. Allow yourself to really notice how it feels. Usually, we tend to be shy of this. If you are a woman you will notice how the yoni (this Sanskrit word means 'divine passage') wants to pull in her beloved. If a man you know how the lingam (the 'wand of light') wants to grow big and move outwards and into your lover.

In the heart, it is reversed. The woman's breasts naturally flow outwards to the beloved, be it her child or her man. The male is less comfortable with his heart. As it takes a little while for the woman's sex centre to become responsive, so it takes time for the man's heart to relax and become responsive. The woman's heart centre is active. The man's is receptive.

For a while, you simply sit together and feel each other. It'll be good to have some music playing, something gentle that you both enjoy. Relax for few moments. Then bring your attention to the sex centre. The woman gives her attention to the in breath, breathing in her man's life energy. The man focuses on the out breath, letting his fire flow out and into her. Allow your imagination to carry you, feel your breath is flowing in and out of your roots.

Once you are settled in this rhythm, give your attention to the heart. The man begins to feel his woman's energy flowing in through his heart and the woman feels her warm aliveness flowing out through her breasts and into his chest. This is it: the Circle of Love. The life force is flowing in a circle from the man's root chakra into the woman's sex centre, up her spine and out through her breasts. From her breasts, it flows into the man's heart, down his spine and out again through his lingam.

You can also feel this force flowing within you when you are not with a partner. The circle will flow up the front of your body from your sex to your heart and run back down through your spine to your roots again. If you do not have a partner, it is wonderful to do this on your own. It will heal and strengthen you and create within you a powerful attractive force.

Do more than just read about the Circle of Love. Try the experiment and see for yourself how your life force flows within you and without you. See how it bridges the gap between you and your lover, nourishing you both and bringing new life to the way you relate.

Sudeva Tim Hawkes invites you to visit his website: <http://www.sudeva.com> where you can read more about Tantra and ask him questions. He will answer your questions with the insight derived from time spent in India and around the world with masters of Tantra and Tibetan Pulsing Healing. Of them all, his greatest blessing has been to spend time with the Indian master and mystic Osho. Sudeva now works as a fully qualified counsellor and healer and runs Tantra weekends with his beloved partner Subhi. You can also explore and discover more about Tantra and healing at <http://www.songoflife.com.au>.

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## **Tantra And Enlightenment: Illumination - The Absolute Brightness Of Being**

We are Al Link and Pala Copeland. We have been practicing Tantric sacred sexuality since 1987 and teaching since 1997. Al had the enlightenment experience in January 2008 and within minutes made a direct transmission to Pala. This came after almost 40 years of spiritual seeking (Al) and over 20 years of following the Tantric spiritual path (Al and Pala together). Our mission is to help couples learn how to create love for a lifetime together, by instructing them in the arts of Tantra sacred sexuality, using their relationship as a spiritual practice. We refer to our unique spiritual path as Enlightenment for Two™.

We have demonstrated that sacred sexuality can be a path to enlightenment, but not in the usual sense of cause and effect. Tantra sacred sexuality does not cause enlightenment, but it can lead directly to the illumination experience returning you to the enlightened state. Without any question Enlightenment for Two™ is attainable by ordinary people (Pala and I are ordinary people), and the practices leading to it include Tantric sacred sexuality.

Enlightenment means “to light within.” You could not possibly find enlightenment any other place but within yourself—enlightenment is simply remembering who you really are, the realization of your high Self. Trying to remember who you really are is your spiritual practice (whatever form that takes), and actually remembering who you really are is enlightenment. The moment of enlightenment is illumination—the absolute brightness of being. The light does not come in from outside of yourself. Light shines within you—you are light (consciousness, love). “...the kingdom of God is within you.” (Luke 17:21)

Remembering who you really are is a radical shift from “aware of” with senses, emotion and thought (a state of separation between the small self and the other—everything outside of your bag of skin), to “I AM.” I AM is “Knowledge Through Identity” as described by Franklin Merrill Wolfe. “I AM” is “THAT” which you are without beginning or end. In this illuminated awareness, all that you perceive, feel and think is not other than yourself, not something your separate self becomes aware of, but rather all that you perceive, feel and think is your high Self revealing itself to you. Meditating on this underlined sentence, and “getting it” is all that is needed to initiate the illumination opening to full enlightenment.

Spiritual practice does not cause enlightenment, although most typically enlightenment does follow after sustained spiritual practice, but this is not in any way the usual cause and effect. It is more like, the rooster crows and then the sun comes up. In fact nothing can cause enlightenment; there is no way to enlightenment. Enlightenment is the way, all ways, always. Enlightenment is everything. Enlightenment IS.

Any spiritual practice undertaken with love, humility, gratitude, intense desire and faith can cause the illumination. The illumination is the act of remembering who you really



are, returning you to your enlightened state. The enlightened state is not brought into existence for the first time by this illumination, rather it is as if a veil is lifted and you are home, where you always were and always will be. You know yourself to be what you always were, but had forgotten.

Spiritual practice is most effective when it is a celebration with humility and gratitude to the possibility (held in consciousness as an act of faith) of God-consciousness. The lower cannot command the higher. Nevertheless, it is important, and for most a necessity, to select a spiritual practice, any spiritual practice, and follow that path with heart (don Juan's instruction in Carlos Castaneda's books). A spiritual practice is only a method by which the lower self is assisted to remember the higher Self. A spiritual practice is anything that helps you remember who you really are.

You don't realize enlightenment by escaping your life, but by living it fully. Your entire life becomes your spiritual path, and every action in your life becomes a prayer, a meditation, and a spiritual practice. In essence this is the Tantric spiritual path. You use your body as a vehicle for spiritual awakening. You do not try to deny your body or escape from it as if it were a prison.

Enlightenment for Two™, our Tantra spiritual path, is not difficult. In fact it may well be the simplest, most direct route leading to the moment of illumination available to human beings on the planet today.

By: [Al Link and Pala Copeland](#)

[Article Directory](http://www.articledashboard.com): <http://www.articledashboard.com>

Al Link and Pala Copeland have been practicing Tantric sacred sexuality since 1987 and teaching since 1997. They are the Selfgrowth.com Official Guides to [Tantra](#). They are authors of 4 published books. Teaching, writing and speaking about spiritual relationships and sacred sexuality is what they do full time. For more information on their products and services, visit [www.tantra-sex.com/](http://www.tantra-sex.com/) or [www.askaboutloveandsex.com/](http://www.askaboutloveandsex.com/).

## ABOUT THE EDITOR

Mr. L. Rx is the author of the Dating To Relating website ([www.DatingToRelating.com](http://www.DatingToRelating.com) – a popular "dating tip" site for men with over 500,000 unique visitors per month) and the author of the eReport "How I Got 700 Dates In One Year." And the newest eBook "How To Get Your Wife Or Girlfriend To Want More Sex" (all available at <http://www.datingorelating.com>)

In his fifties, Mr. L. Rx has some times been called the "Observational Guru" rather than a "Dating Guru" as it is his ability to observe throughout his fifty plus years of experience that allows him to share dozens of unique dating and relationship strategies that apply to different personality types and different situations.

Unlike other "Gurus" who give you one strategy that works for them and then apply it to "all men or women," Mr. L. Rx acknowledges that people have different personalities and that different personalities require different strategies.

Mr. L. Rx's techniques and strategies work for any man no matter what he looks like. Mr. L. Rx points out that he personally has had thousands of dates with beautiful young women in his forties and fifties whereas in his teen years and early twenties when he was a hot-looking young man in his prime, he couldn't get a date.

Mr. L. Rx teaches men and women his unique "observational technology" which allows you to develop your own situationally correct strategies for your own situation and personality in addition to Mr. L. Rx giving you dozens of already tried and proven techniques of his own.

Mr. L. Rx believes that successful relationships develop from sane dating habits and technique, and that communication, observation, and create are the foundations of a successful relationship.

Mr. L. Rx is a firm champion of monogamy when in a committed relationship and a firm believer in "multiple dating" when not in a committed relationship.

Mr. L. Rx believes in family values and is the proud father of four children (three girls and a boy.)

## Appendix A: Sex Training Books From Dating To Relating

[How To Make Sex Last Longer - by Dr. Dating](#)

Reg. Price: ~~\$20.00~~

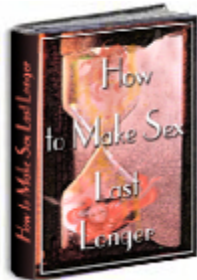
Sale Price: **\$7.00**

Save: \$13.00

**SPECIAL OFFER**



**HOW TO MAKE SEX LAST LONGER - \$ 7.00**



**\*\* NEW 2007 Version \*\***

### **How To Make Sex Last Longer**

Many sexually active males would like to "keep it up" longer - until their woman is fully satisfied and for their own more fulfilling, long lasting pleasure. Since it's no secret that it takes women longer to climax, guys need to delay their ejaculation if they really want to satisfy their partner. Everyone knows that longer intercourse is much more satisfying than "quickies" for both parties. Thanks to Dr. Dating, the secret is out - everyone can easily lengthen their lovemaking just by applying the techniques from DrDating's latest eBook, *How to Make Sex Last Longer*.

[How To Give Any Woman an Orgasm - by Dr. Dating](#)

Reg. Price: ~~\$20.00~~

Sale Price: **\$7.00**

Save: \$13.00



**HOW TO GIVE ANY WOMAN ORGASMS - \$7.00**



**\*\* NEW 2007 Version \*\***

**How To Give Any Woman Orgasms**

The female body is a mystery to most men - even to those who have had thousands of sexual conquests. What is it that makes women tick? What do women really want in bed? These questions may have perplexed you for so long, and you're not alone. Finally, Dr. Dating has written a complete, tried and tested guide on *How to Give Any Woman Orgasms*.

[How to make Sex Last Longer - Special Love Package](#)

Reg. Price: ~~\$100.00~~

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Save: \$86.00

**NEW ARRIVAL**



**SPECIAL OFFER!**

**Buy HOW TO MAKE SEX LAST LONGER and  
HOW TO GIVE ANY WOMAN ORGASMS - \$14.00**

**and get THREE FREE compilation eBooks FROM Mr.  
L. Rx**

**EVERYTHING YOU WANTED TO KNOW ABOUT  
SEX POSITIONS**

**HOW TO BE A GREAT LOVER**

**HOW TO BE A GREAT KISSER**

## Appendix B: Other Books From Dating To Relating

[How To Be Successful with Women - by Dr. Dating](#)

Reg. Price: ~~\$20.00~~

Sale Price: **\$7.00**

Save: \$13.00

**SPECIAL OFFER**



### HOW TO BE SUCCESSFUL WITH WOMEN - \$7.00



**\*\* NEW 2007 Version \*\***

#### [How To Be Successful With Women](#)

Ever thrown your arms up in the air, confused about something a woman said or did? You're not alone! Most men don't have an answer to the question of "What do women want?" Most men, that is, except for Dr. Dating. In his eBook "How to Be Successful with Women," Dr. Dating tackles the complexities of the female mind, and he's written it for YOU! He's handing you nothing short of the keys to the kingdom.

[The Art of Conversation - by Dr. Dating](#)

Reg. Price: ~~\$20.00~~

Sale Price: \$7.00

Save: \$13.00

**SPECIAL OFFER**



**THE ART OF CONVERSATION - \$ 7.00**



**\*\* Published 2006 \*\***

**The Art Of Conversation**

We've all been there - the non-stop sweating and stuttering slowly becomes an embarrassment because you're simply too nervous to talk to the object of your attraction. Whether you're a sensitive guy or a sassy girl, you probably still get tongue-tied during parties, first dates, or even a simple conversation in your office lounge. Not to worry - Dr. Dating has created just the thing that can help you get your tongue out of a twist.

[The Beginner's Guide To Virtual Sex - by Dr. Dating](#)

Reg. Price: ~~\$20.00~~

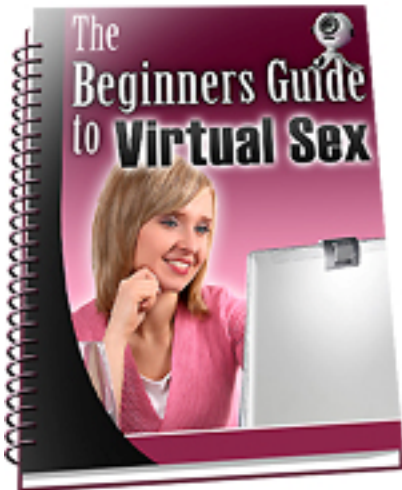
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**SPECIAL OFFER**



## THE BEGINNER'S GUIDE TO VIRTUAL SEX - \$ 7.00



[The Beginners Guide to Virtual Sex](#)

It doesn't matter if you're a virgin or promiscuous, single or in a committed relationship - **ABSOLUTELY ANYONE** can have fulfilling, pleasurable sex in the virtual world. All you need is a phone line or an internet connection. This guide will show you **EVERYTHING** you need to know about mastering the world of virtual sex.

**\*\* Published 2007 \*\***



[How To Find A F\\*\\*k Buddy - by Dr. Dating](#)

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## HOW TO FIND A F\*\*K BUDDY - \$7.00



[How To Find A F\\*\\*k Buddy](#)

If you think it's impossible to list "sex" as a recreational activity, you're wrong! Whether you're as suave as James Bond or as ordinary as the Average Joe, you need to know the secrets of finding your own special "friend with benefits". Having a f\*\*k buddy can be a sensual adventure unlike any other and you deserve to be on that adventure! This guide can give you tried and tested methods that will help you get the f\*\*k buddy

**\*\* Published 2007 \*\***

[Coping With A Small Penis - by Dr. Dating](#)

Reg. Price: ~~\$20.00~~

Sale Price: \$7.00

Save: \$13.00

**SPECIAL OFFER**



## COPING WITH A SMALL PENIS - \$7.00



**Coping With A Small Penis**

This eBook is an inspiring story about how a young man copes with a small penis - and uses this "lack of size" as an advantage. It's no secret that most men worry about whether they are "big enough" to please a woman, and this story will definitely make you feel better about the size of your own penis, as well as your masculinity.

**\*\* NEW 2007 Version \*\***

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[Dealing With Loneliness - by SideKick](#)

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Sale Price: \$7.00

Save: \$13.00

SPECIAL OFFER



## DEALING WITH LONELINESS - \$ 7.00



### "Dealing With Loneliness"

By: SideKick

**Dealing With Loneliness, while self explanatory, is one of the biggest problems for singles. This eBook is a quick and easy guide to tackling this problem and is a must read for all.**

\*\* Published 2007 \*\*

[Personality Types and Dating Guide - by SideKick](#)

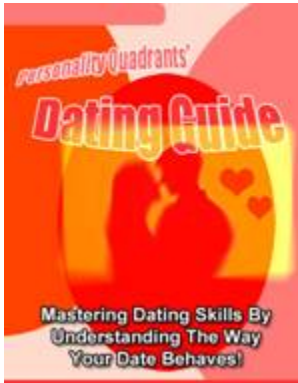
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Save: \$13.00



**PERSONALITY TYPES AND DATING GUIDE- \$ 7.00**



**"Personality Quadrant's Dating Guide"**

**By: SideKick**

**Personality Quadrant's Dating Guide is a fun-filled, light-hearted guide on how to get a good date by understanding yourself as well as understanding and interpreting how your date will behave based on his or her personality type!**

**\*\* Published 2007 \*\***

[Guide To Adult Dating - by Dr. Dating](#)

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SPECIAL OFFER



## GUIDE TO ADULT DATING - \$ 7.00

### [Guide To Adult Dating](#)



If you're tired of the normal dating routines of going out for coffee or dinner with someone you just met in a bar, you might want to try a *spicier* style of dating. Adult dating may just be the thing to kick your sex life into high gear. It's for anyone who wants to explore the extent of their sexuality, bring their fantasies to life, or try something new. With DrDating's "Guide to Adult Dating", you can venture into the highly coveted world of sexy adult dates.

**\*\* Published 2006 \*\***

[Great Tips For Dating Success - by Dr. Dating](#)

Reg. Price: ~~\$20.00~~

Sale Price: \$7.00

Save: \$13.00

**SPECIAL OFFER**



## GREAT TIPS FOR DATING SUCCESS - \$ 7.00

### [Great Tips For Dating Success](#)



Whether you're looking for a fun, casual dating experience or a powerful romantic encounter, DrDating's *Great Tips for Dating Success* is just the guide you need. This guide was written and researched by Dr. Dating himself, to help people from all walks of life to find and enjoy great dates. This eBook has all the hot tips and tricks that will help increase your dating success.

**\*\* NEW 2007 Version \*\***

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[5 Steps To Online Dating Success - by SideKick](#)

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**SPECIAL OFFER**



**5 STEPS TO ONLINE DATING SUCCESS - \$ 7.00**



**5 Steps To Online Dating Success -**

**By: SideKick**

- What You Need to Know About Online Dating First!**
- What Makes Online Dating So Different?**
- Getting Started**
- Making Yourself Look Like A Million Dollars**

**\*\* Published 2007 \*\***

[Guide To Online Dating - by Dr. Dating](#)

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Sale Price: \$7.00

Save: \$13.00

**SPECIAL OFFER**



## GUIDE TO ONLINE DATING - \$ 7.00



**\*\* NEW 2007 Version \*\***

### [Guide To Online Dating](#)

Be honest - the single life can be depressing sometimes. You may try to find dates in bars, ask your friends to hook you up with someone, or even try dating services. If you don't seem to have any success, you might find yourself giving up. But there's probably one dating frontier you haven't tried - online dating. More and more people all over the world are increasing their dating chances through the opportunities offered on the internet. With DrDating's *Guide to Online Dating*, you can use the internet to give your dating life a complete makeover!



[The Ultimate Man's Guide To Online Dating - by Dr. Dating](#)

Reg. Price: ~~\$20.00~~

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**SPECIAL OFFER**



**THE ULTIMATE MAN'S GUIDE TO ONLINE DATING  
- \$ 7.00**

[The Ultimate Man's Guide to Online Dating](#)



Ever feel like you're meeting the wrong women? Have you dated around and found that you're looking for something more casual while your date wants a marriage? Or do you simply get nervous in front of an attractive girl? Trust me, we've all been there. Sometimes we'd rather hang out with the guys and watch a football game rather than risk the frustration of going out with women you don't want to see again. There's a better world of women out there - and Dr. Dating has written the perfect dating guide for you!

**\*\* Published 2007 \*\***

[Successful Online Dating - UK Edition - by Dr. Dating](#)

Reg. Price: ~~\$20.00~~

Sale Price: \$7.00

Save: \$13.00



**SUCCESSFUL ONLINE DATING - UK EDITION - \$  
7.00**



[Successful Online Dating - UK Edition](#)

Face it, mate - the dating world can be scary. When you think about dating, you think about the stress, rejection, and anxiety that comes with it. Why even date at all? The good news is that ONLINE DATING has changed all this. We now live in a world where we can collect and select potential dates without the grueling experiences of real world dating. By the time you actually meet an online date in person, you're ready for it! You know who you're dealing with. You know you won't face rejection ever again.

**\*\* Published 2007 \*\***

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[A Teenager's Guide To Dating - by SideKick](#)

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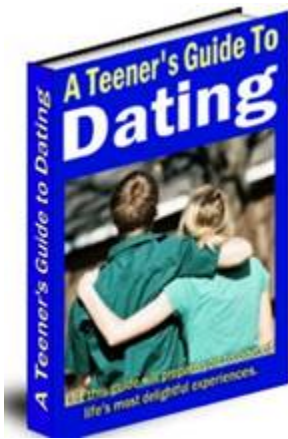
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## A TEENAGER'S GUIDE TO DATING - \$ 7.00



### "A Teenager's Guide To Dating"

By: SideKick

**This is a comprehensive 128 page eBook written for Teenagers and the Adults who care about them. This eBook covers every aspect of teenage dating. A must for Teenagers and their Parents alike.**

**\*\* Published 2007 \*\***

[Successful Dating For Women - By Dr. Dating](#)

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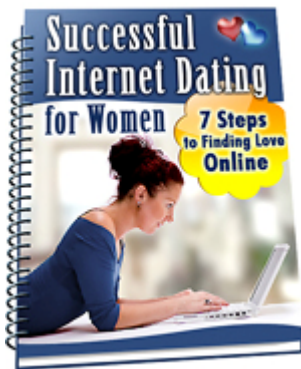
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**SUCCESSFUL DATING FOR WOMEN - \$ 7.00**



[Successful Internet Dating For Women](#)

Ever feel like you're *never* going to find the man of your dreams? Have you dated around and found most of your dates frustrating and disappointing? Trust me, girl, we've all been there. Sometimes we'd rather sit on the couch, eat some ice cream, and watch the latest John Cusack movie. *There has to be a better life than this, right?* Well, there is! We've got the ultimate dating guide to help you find Mr. Right!

**\*\* Published 2007 \*\***

[How I Got 700 Dates In One Year - Mr. L. Rx](#)

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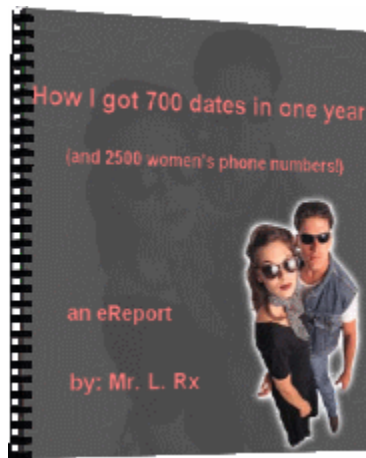
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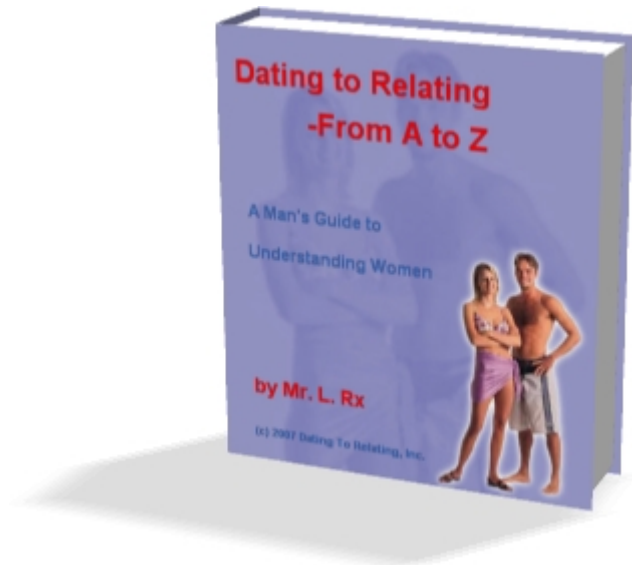
**"How I got over 700 dates in one year (and 2500 women's phone numbers)" - \$7.00**



**Why settle for doubling your dating when you can 10 x it!**

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## Dating To Relating - From A To Z - \$39.95



[Dating To Relating - The Book](#)

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**Dating to Relating - from A to Z (A man's guide to Understanding women)**

"How I went from Stupid to Smart in just 50 years" or

"How and Why I got more dates with, relationships with and proposals from Hot Young Woman at age 50 than I did at age 25.