

Tantra



A Less is More
Middle Path to
Enlightenment

By
George Walter Chyz

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Revision 2

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Dedication

To my inner *Genie*

Introduction

There are two basic forms of tantra. Red tantra involves sexual activities with a partner. White tantra is a non-sexual solo version that is also called kundalini yoga. This booklet combines the two forms in a simple yet powerful way.

I don't see myself as a well trained expert of Tantra. Rather, I'm just a guy who finds it easy to open my heart and connect with my Superconscious-Soul or *Genie* - a mother-father god residing in each of our hearts.

Back in 2000 I met a very special woman at a waterfall on a lovely sunny day. She and I both enjoyed hiking and exploring nature so we got involved in an adventurous relationship. We became romantically involved and she began teaching me a sacred sexual art, red tantra.

I caught on quickly and found the techniques reasonably easy to do.

Just a few months after our romantic relationship began we went on a tantric adventure.

Each day my beloved took me hiking to a beautiful natural setting that was secluded. There we would lay out a camping mattress and

make love using red tantric techniques. Each day we hiked to a new location.

These techniques involve breath, mind, and muscle coordination that result in drawing orgasmic sensations up from the genitals into one's body. By using these tantric techniques, one is able to build up and store the orgasmic energy rather than releasing it in a normal genital climax. Instead, the stored energy increases the practitioner's vitality.

Additionally, if this process is continued for a few days the orgasmic energy will overflow to produce full body orgasms. Then when tantric lovers choose to release the built up orgasmic energy through the genitals unimaginably magnificent experiences can occur.

Using these techniques my beloved and I made love for two to three hours per day for seven days. After each session I felt more vitality when we finished the tantric love making session. With this elevated vibrance the return hike was easier than going to the secluded location even when the return was up hill.

During the first few days of this lovemaking adventure I didn't feel anything unusual. Then, on the fourth day, once enough orgasmic energy

had accumulated in my body, I began experiencing full body orgasmic sensations.

By the sixth day the orgasmic sensations extended beyond my finger tips. The sensations were beyond any genital climax that I had ever had even though I wasn't climaxing. On top of that, the full body orgasms could continue for as long as I chose to remain engaged in the process. That day, I become concerned that my body was being overwhelmed so I stopped.

On that sixth day while making love with my beloved and looking into her eyes I thought, "I love this woman so much that I would be willing to sacrifice my life to bring her more pleasure." This was the most love I've ever felt.

While this doesn't make logical sense, the feeling of love was so strong that I felt ready and willing to do anything to please her, even sacrifice my life. This willingness to sacrifice for one's beloved is quite different from lust. Lust is when a person finds something that they want to increase their pleasure. Hence lust is selfish while love is selfless. Moreover, love is the key to the magnificent transcendence that occurred the following day.

On the seventh day we made love with the intention of releasing the energy we had accumulated to experience an enormous genital climax. Since this was new for me, I had no idea what this was going to feel like.

I'd been reading about tantra in a book called, "The Art of Sexual Ecstasy," by Margo Anand. In it, I had read about the process of "running the orgasmic energy" between the man and woman. So, in this final session I decided to give that a try.

A point came in which I was lying on my back looking up into my beloved's eyes while orgasmic sensations were rumbling throughout my body and out beyond my finger tips. That's when I felt inspired to run the energy between us.

To keep it simple I imagined sending my wild masculine energy out through my manhood up into her body. As I sent my beloved this wild energy, I imagined sending all of it without restriction.

I further imagined that the energy went up through her torso and into her heart where the raw energy was transformed from a wild masculine form into love energy by the Genie in her heart. To complete the circuit, I further

visualized the energy emerging from her heart out of her breast and into my mouth down through my heart to the bottom of my body and back around in a closed loop.

As I began this process without discussing it with my beloved, she intuitively leaned forward lowering her breast to me. Opening my mouth, I suckled her nipple to receive the love energy coming from the Genie in her heart.

Before I explain what happened next I ought to mention that maintaining eye contact is a very important part of tantric love making. The idea is that the two people are connecting with each other in a way that honors each of their Souls. The eyes are said to be the windows to our Souls, therefore tantric lovers look into each other's eyes and focus on one another's Soul, their inner god/goddess or Genie. This transforms the activity from being only physical to include the divine spark within our hearts.

As I was running the love energy and looking up into my beloved's eyes, a very unusual thing occurred: she began to look like me - a female version of me. It felt a bit freakish and surprised me. I took a deep breath, relaxed, and managed to remain calm.

Next, I noticed that I couldn't feel the parts of my body below my waist. All I could feel was a liquid sensation down there and began to wonder, "What's that liquid-like feeling below my waist?"

I backed off from her breast and in-turn she lifted her body up. This gave me an opportunity to look down at my lower body. So, to take a look, I lifted my head up and looked down passed my chest to find out what was going on below my waist. I was extremely surprised to see that our legs had disappeared and our bodies appeared to be connected. Both of our upper bodies appeared to extend out from one elongated torso that connected us together. This was super freaky! I thought to myself, "She not only looks like me, she is me!"

Again, I took a deep breath and managed to remain calm as I laid my head back down and looked up into her eyes.

By the way, we hadn't taken any drugs or alcohol. We chose to remain sober for the entire week of this tantric adventure. We wanted to see what would happen in a purely natural tantric experience without adding any other factors. However, just before this final session we each took one toke of ganja. That may have helped

but one little toke can't induce such a major shift in reality.

By this point in the process my beloved and I had stopped moving our pelvises. During tantric love making, lovers move slower as the sensations build to more intense levels. Eventually, when the sensations are very intense, no movement is needed. In fact, even a little movement could trigger a genital climax. Furthermore, when a couple builds up to the level we had arrived at, a genital climax can take place on its own without any physical movement.

In order to help the yummy sensations spread, the practitioner relaxes all of their muscles as completely as they can. That relaxation allows the orgasmic sensations to spread through the entire body fueling more tremendous full body orgasmic sensations.

We had reached the point where the process had taken on a life of its own. Surrendering to allow it to grow slowly increases the duration.

This is what the "Less is More" part of the subtitle of this book refers to. By lying still and simply relaxing, the experience becomes more magnificent for a longer period of time. Thus, less is more.

So, while lying still with my muscles relaxed, I noticed an unusual feeling above my right eyebrow. It felt as if a crack was forming in my skull at the top of my forehead above my right eyebrow near my hairline.

It didn't hurt, it just felt like a crack was gently opening.

Then it felt as if the crack extended all around the top of my head encircling it. This made the top of my skull into an upside down bowl. In reality, no crack had formed, it just felt as if the top of my skull had separated.

Next, this upside down bowl felt as if it lifted up slightly, opening a narrow circular space just below the edge of the bowl. Of course, all of this was felt as sensations that seemed to defy physical reality.

Soon water began squirting out of the crack. The water felt as if it was traveling up through my torso from below my waste, where I had felt liquid earlier, to spray out of the crack that had magically opened around the top of my skull.

I had a sense that the water was squirting out much like it does from an old-fashion garden hose nozzle, but with much more volume. More like a powerful fountain. Of course this was just

how it felt. No water was actually involved, it just felt as though water was flowing through my body and squirting out of the top of my head like a fountain.

Again, I was a bit shocked by this, however, I chose to remain calm and tune into the sensation that felt deeply satisfying and extraordinarily unusual. It was so interesting that I decided to close my eyes in order to focus all of my attention on the powerful gushing sensations. They felt most interesting inside my chest so I placed my attention there.

Soon, I noticed that my physical body was disintegrating. As I mentioned earlier, everything below my waist had already disappeared. Now, I noticed that more of my body was dissolving or crumbling. My fingers, hands and arms crumbled and disintegrated into dust that magically disappeared. Soon, the rest of my body had vanished and the flowing water was all that I could feel.

Then...nothing...

That is, I felt as though my physical being and the flowing water had completely vanished. I no longer felt any sensations of anything at all. It seemed as if my consciousness was all that

remained. The physical universe had completely disappeared.

This is the perfect center - the zero point where the physical disappears as a person's consciousness turns inward away from the physical realm into the heart center.

Soon, a dark cool void embraced me.

Then, out of this calm dark emptiness an explosion set into motion a feeling of expansion that opened up into what appeared to be an endless luminous space. I had no edges, no limbs, no digits, no parts at all. Instead, I had become a glowing white fuzzy warmth that was endless. Without any physical eyes my conscious awareness observed the space that felt as if it was all me and nothing but me forever and ever.

Furthermore, this endlessness that I had become, began undulating in an orgasmic blissful way, ebbing flowing and expanding in every direction forever! I had passed through a state of nothingness to become an infinite orgasm.

In every direction I felt juicy undulating waves of throbbing ecstatic joy. No longer a human, I had become an infinite, warm, gently glowing orgasm! As I surrendered to the ecstatic nature of this experience I became

certain this was the ultimate experience of ecstatic bliss. Spherical waves of orgasmic sensations expanded around my central point of awareness like growing bubbles. Countless orgasmic expanding bubbles continued to emerge and enlarge growing beyond my ability to fathom. One, then two, three...forever.

As I basked in this endless undulating orgasmic bliss, an unexpected idea popped up:

"If this sensation continued for a very long time, I would eventually become accustomed to it. Even though it was outrageously amazing, after a very long period of having the experience it would eventually become normal. I would lose interest in it and then I would choose to explore something else."

Next, I had an epiphany that an enormous formless consciousness had already experienced this long ago, before our universe emerged.

The idea became a realization that a single enormous formless consciousness had done everything it could do on its own, including being an infinite orgasm, and after having all of the interesting experiences that are possible as a

single formless consciousness, this One conceived of something that was impossible to experience by itself. It contemplated meeting a mysterious other wondering,

"How would it feel to meet a mysterious other?"

However, since the One was all that existed there was no mysterious other to meet. So in order to experience meeting a mysterious other, the One formed the universe and all of us out of itself, pure consciousness.

Finally, I remembered that this idea was the basis of a cosmology of the universe that an old man had told me back in 1990. The idea that a formless consciousness pervades the universe and is the foundation of everything turns out to be an old idea. Several people have left physical reality and returned with similar revelations.

The most important part of this revelation is that this entire universe was created to find out how it feels to meet mysterious others. This means that your purpose is simply to experience how it feels to meet others. By doing that you are accomplishing the purpose of the universe!

Gradually, I returned to my physical body.

Once I was completely back in my body I noticed a deliciously sweet nectar dripping down the back of my throat. It contained flavors of rose and other flower essences combined with cinnamon and clove.

I later learned this nectar is called amrita and that it's excreted by the pituitary gland when a person experiences enlightenment, being the One that is all.

Thus, the subtitle of this book:

"A Less is More Middle Path to
Enlightenment"

Although my experience of enlightenment was so much more tremendous than anything I have ever experienced, what I learned is that every little human being is here to be a separate individual who meets mysterious others. In each meeting we learn how another meeting felt.

Each time we meet another being we're experiencing something that the One, the formless consciousness that is All, can't experience as a singular formless consciousness. Therefore, She created us out of Her Self to experience meeting others - mysterious others.

Unexpectedly, the simple and common experience of meeting one another fulfills the

purpose of the universe. To do that we must be separate individuals which is facilitated by the ego which produces unique personalities.

Of course, meeting a person that you love and becoming romantically involved is a very special type of meeting that is especially wonderful to experience.

We have so many meetings with other's that many of us don't consider interpersonal meetings to be important. In extreme cases, there are people who think that isolating themselves from others is a way to deepen their spirituality. Through solo-meditation in a quiet place of isolation these people seek a deeper connection with the One.

If the purpose of the universe and physical life is to meet mysterious others, then there's no need to complicate the matter. The One has created physical reality so it's easy for us to accomplish the goal. We have everything we need to explore meeting each other.

Needless to say, I remain very grateful that I met this radiant woman who led me through such a wonderful adventure. She helped me feel more love than I've ever felt. With her leading the way I experienced the most sublime

experience known, enlightenment via love! Thank you so much dear one. I remain eternally grateful.

When I asked my beloved what she experienced, she told me it felt as if my manhood had become as large as her entire body. Additionally, energy was radiating out of it in a way that felt as if she was going to explode.

Since then I've read some books about enlightenment. In a five volume set that describes 112 ways to achieve enlightenment I found the following statement,

"The love method is the only natural method to enlightenment. All the other 111 methods are artificial. If you can love enough, nothing else is needed."

I find it interesting that most people who seek enlightenment use artificial methods like meditation when "The love method is the only natural method to enlightenment." Why do so many people avoid the love method? Why do some become celibate monks? Why did the Buddha abandon his wife and children in the dark of night to sit under a tree for six years to finally have the experience?

It seemed so easy for me to open my heart and have the experience in seven days without even trying. Back then, I didn't even know what enlightenment meant.

I suppose part of why it was so easy for me, was because I wasn't trying. Instead, I was innocent and carefree. I had no agenda as I was being led on an adventure into levels of love beyond my wildest dreams. I didn't even know that I had experienced enlightenment until I read about the details in a five volume book that covered 112 ways to achieve enlightenment.

Now, I'm convinced that love, innocence and an open heart is the natural way to experiencing enlightenment.

When sexuality is approach in a tantric way, with an open heart that's full of love, spirituality and sexuality combine to propel intimacy into unimaginable levels of ecstatic joy!

Furthermore, the union of opposites is a magical alchemy that applies to all pairs of opposite polarities. A person who follows the middle path of love can become aware of a central union. A union of the opposite polarities. A weaving of the opposites into a remarkable wholeness that is holy.

Just as the yin (feminine) and the yang (masculine) combine within the holy Tao, this union of opposites principle applies to all polarities.

In all cases, the most wonderful point on a spectrum that spans from one extreme polarity to its opposite is the central wholeness that gave birth to the entire spectrum.

The following table lists several pairs of opposite polarities:

Feminine	Masculine
Dark	Light
Soft	Hard
Wet	Dry
Inclusive	Projecting
Nurturing	Competing
Receiving	Penetrating
Physical Matter	Energetic Activity
Cooperation	War
Past	Future
Cold	Hot

Taoism is a practice of merging the opposite ends of all spectrums to form a more wonderful experience of life that emerges when balance is achieved. This merging of the opposite polarities into one central balanced whole does not produce in a boring gray.

On the contrary, the union of all opposites through the alchemy of love forms the most beautiful tapestry in which all the colors of the rainbow are actively morphing from one glorious pattern into another, always beautiful and ever changing. The accompanying feeling that results from this union of polarities is that of orgasmic undulating juicy waves of throbbing ecstasy that radiate forever in every direction!

Having seen and felt all of this, it's quite likely that you can experience it too.

This union is experienced when a person fully opens their heart and completely surrenders to love. In the union of love a person can dissolve and explode into the ecstatic bliss of nirvana.

Few people have experienced the glorious beauty and ecstatic joy that lies in the center of every human heart. Sadly, I've found that most seekers reach for extremes of one sort or another. Unfortunately, that leads them away

from the precious core which contains the quintessence of everything in perfect balance.

Today more than ever, people are exploring extremes hoping to find greater excitement and more fun out at the outer extremes of particular polarities. Faster, harder, higher, etc.

It's common for people to think they need to reach for the stars to get the most out of life. However, a deeper understanding reveals that the most joyful experiences lie in the central balance point of each and every spectrum.

Smack dab in the middle, between each pair of opposites one can find an unexpected union of the polarities that is better than either end and far more than the simple sum of the opposites.

On the other hand, reaching for the stars can cause a person to ignore the greatest treasure of all, the One residing within our hearts.

Unexpectedly, the most tremendous treasures are actually accessible to everyone.

Understanding this is the magic of:

"Less is More"

A few examples follow:



Let's begin by considering the spectrum of time that's depicted above.

Time spans from the past to the future. In the middle of this spectrum is the present moment. Life and joy exist now and only now. Obsessing on the past or focusing on hopes for the future takes us out of the present moment causing us to miss the precious now. We can't live in the past nor the future; we can only live in the present. What we do here and now is how we make the past. What we imagine and hope for constitutes our view of the future. Thus everything occurs in the present moment which is truly precious.

Spending a lot of time thinking about the past or the future is a waste of the present moment, the only time when life actually occurs!



Next, let's consider the spectrum of elevation as depicted above.

Here on earth elevation goes from the deepest trenches of the ocean to the highest mountain peaks. In between these extreme polarities is the balance point that's called sea-level. This narrow zone is the most spectacular elevation on earth. Especially where there's a beach.

In this magical zone where waves are breaking and yet it's sufficiently shallow to stand on the sandy earth a person is able to experience both water and land simultaneously. The beach is the union of land and water.

When bodysurfing in the shallow water I feel as if I'm a child again. Vitality floods my entire being and emerges as a glowing smile on my face as my childlike joy is rekindled. When I jump up onto a breaking wave and drop in to glide along the barrel I get to feel one of the most delightful sensations there is.

Furthermore, life flourishes in extraordinary abundance at and near sea-level.

On the other hand, at the extreme polarities of the peak of Mt. Everest and the deepest point in the ocean, very little life is found.

The deep ocean and the mountaintops beckon to our ego as their rareness calls us in a seductive way. Even so, the beach rekindles one's childlike joy more than either extreme. Furthermore, the accessible playfulness of the beach makes it enjoyable for nearly everyone. In this middle place where the polarities of high ground and deep ocean merge we find a magical middle zone that is more delightful and playful than either extreme.



Now, let's consider the spectrum that spans from the darkness of a rainstorm to the brightness of the sun in a clear blue sky as depicted above. In the middle of this spectrum one finds the vibrant beauty of the rainbow. This glorious natural phenomenon appears where bright sunlight and a dark rainstorm unite. A rainbow's grandeur exemplifies the magnificent

magic found in the middle of all spectrums. Neither the approaching dark rainstorm nor the bright sunlight is as captivating to the eyes, nor as satisfying to the Soul as the vibrant rainbow gleaming between the two. It's in the middle, where the two polarities of light and dark unite that one finds a truly magnificent phenomenon, a rainbow.

We need some rain and we need some sun thus a balance of the two provides the best conditions for life to thrive. A rainbow shows us how glorious the union of two opposites is.

When I see a rainbow I feel a childlike joy and wonderment fill my heart. Along with its beauty, the arc that a rainbow forms appears to be a bridge uniting the polarities of dark and light, feminine and masculine...

Rainbows encourage us to explore the magic that lies in the center of each and every spectrum. Their shimmering elusive appearance illustrates the inexplicable perfection that lies within the balance point of the human heart, the home of our Soul.

Finally, taking the polarity of darkness and bright light a little further, my Soul in my heart guided me to realize how the extremes of light

and dark are both inferior to a middle level of brightness. Unexpectedly, those polar opposites (just like all opposites) become quite similar at their extremes. To show how prevalent this "Similarity of Opposites" principle is consider how extremely bright light is blinding, as is total darkness. Thus, the blinding nature of extremely bright light is surprisingly similar to that of extreme darkness. Both are useless for seeing clearly.

Conversely, between these extreme opposites, a middle level of light enables a person to see quite well. Because light is crucial for seeing, extremely bright light and absolute darkness are both ineffective, but a middle level of light is a powerful ally that enables us to see with exceptional clarity.

Photographers refer to the hour nearest sunset and sunrise as the golden hour because the moderate level of golden light found at those transitions between night and day produce the most beautiful photographs. On the other hand, high noon and midnight provide poor lighting for photography. Hence, the middle level of lighting is superior and quite different from both of the extreme opposites that are unexpectedly similar.

These simple examples illustrate how the balance point found in the middle of a spectrum stretching from one polarity to its opposite contains a mysterious combination of both polarities that is more magnificent than either of the extreme polarities.

Hopefully these examples effectively convey this unexpected phenomenon and help to reveal how the middle path is more rewarding than reaching for the stars. This universal truth is expressed by the disarming paradox,

"Less is More"

White Tantra

Several years after my red tantric awakening I was introduced to a white tantric technique by Indigo Ocean. In the following, I present a breathing technique I call the Heart Opening Breath.

Indigo had developed a system she called Bliss Therapy, although she doesn't call it that anymore. At the beginning of our session she explained to me that she was going to enter a trance state to connect with my Soul, and tell me what my Soul wanted me to understand, or do, but I wasn't understanding or doing.

After she closed her eyes, she told me that she was being guided to lead me in a breathing meditation; and she wondered if I was okay with her guiding me through it?

I told her, "That's fine with me."

She told me to close my eyes and imagine that I was sending a root down from the tail end of my spine deep into the Mother Earth, all the way down into her red lava core. Then Indigo told me to inhale through my nose while I imagined that I was drawing the red Mother Earth essence up, from deep in the earth into my heart. She told me to hold this essence in my

heart while I held my breath. Then, she told me to let it out while I exhaled through my mouth and to repeat the process two more times.

Next, she guided me to let that go, and focus up above my head. She guided me to imagine that white light was coming down from the Father Sky to form a funnel that entered the top of my head. She told me to inhale through my nose and imagine this white light coming down through the funnel, into my head and further into my heart. She told me to hold this essence in my heart while I held my breath. Then, she told me to let it out while I exhaled through my mouth and to repeat the process two more times.

Next, she told me to combine the upper and lower together by bring both the red and white from the mother and father into my heart while inhaling through my nose. Then, once I was finished inhaling, she told me to hold my breath and imagine that the red and white mixed together inside my heart to become, pink love essence, the union of the mother and father. When I was done holding my breath, she told me to exhale out of my mouth while I imagined that I was blowing up a pink bubble around my heart.

She told me to repeat this red and white breath until the bubble grew to be bigger than me, such that I was completely inside of the pink love bubble.

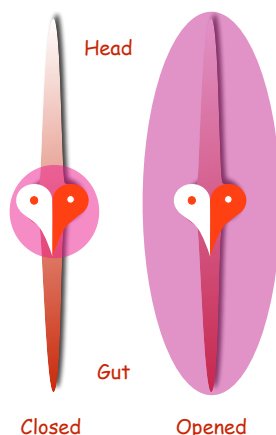
On the right a closed heart versus an open heart is illustrated with a pink love essence bubble.

Finally, she told me to sit calmly inside this pink, "love bubble", and quietly meditate for as long as I felt was appropriate, and then to tell her when I was done.

Finally, at the end of her bliss therapy session she told me that my Soul wanted me to do some sort of daily practice, and that I ought to think about that. I quickly decided to do the breathing every morning.

After practicing this breathing method for a few weeks, I began to notice that a smile would emerge from inside, and form on my face every time I practiced the breathing meditation.

I also noticed my perception of the world around me changing when I practice the Heart



Opening Breath. Things that had been bothering me seem just fine afterwards. Eventually I realized that this breathing method creates a state of mind similar to being in love.

I eventually developed a simplified version that I could practice throughout the day. Using this simple version, I'm better able to keep myself in an openhearted state of mind full of love and joy all day long.

I've found that it's easy to get distracted by the drama in the world, and when I get drawn into those distractions I can forget to do the breathing. So, even though the technique is easy and powerful, remembering to do it is the hardest part for me. Even so, I do my best to keep my heart open, and follow my heart as well as I can. This tool has helped me to enjoy my life more than anything except being romantically in love.

Of course, being in love with a person can be difficult to maintain for a long time. The honeymoon period usually doesn't last very long. I've discovered that being in love with life is easier to maintain over the long haul and doing the Heart-Opening Breath puts me in the openhearted state that's akin to being in love.

I've also found that following the intuition and conscience that come from my Soul who resides in my heart, helps me follow a middle path that fits with being in love with life.

When I fall off this middle path, I do my best to remember to do the Heart Opening Breath. Doing so returns me to the open-hearted state of being in love.

Details for the simplified Heart Opening Breath follow:

During the inhale, the pubococcygeus (PC) muscle is tightened. This muscle is located between your legs in the space between the genitals and the anus. It's the muscle that you tighten when you want to hold back urine as you're heading to the toilet. To locate the PC muscle, imagine that you need to urinate and then tighten the muscle that you would tighten to hold the urine in. Take a little time to become clear which muscle this is, and practice tightening it a few times. Once you've found and flexed the PC muscle, you're ready to continue.

Begin by sitting up straight or standing with your feet placed in a wide sturdy stance with your knees bent a little and turned slightly

outward. The Heart Opening Breath can be done in any position; however, it feels more natural when the body is vertical.

Step 1: As you inhale through your nose and into your chest, imagine that you're drawing feminine essence up from the Mother Earth into your heart, at the same time imagine that you're drawing masculine essence down from the Father Sky into your heart. During the inhale tighten the PC muscle at the bottom of your body and raise your eyebrows slightly so you can feel a little tightness at the top of your head.

This muscle tightening during the inhale mimics the way you purse your lips while sucking liquid through a drinking straw. In this case, you're pretending to suck essence up from the Mother Earth and into your heart through your PC muscle between your legs. Also, up at the top of your head you're pretending to suck essence down from the Father Sky, through your scalp.

So, the first step is to suck essence, from below and above, together, into your heart. You do this by inhaling through your nose and into your chest, while you tighten your scalp and the PC muscle. You don't need to feel anything special happening. Just tighten the upper and

lower ends, inhale strongly while you imagine the essences are being sucked into your heart, from below and above, as your chest expands.

Step 2: Once you've fully inhaled into your heart; hold your breath, relax your PC muscle, and relax your eyebrows. Then, as you continue to hold your breath, imagine that the masculine and feminine essences that you drew into your heart are mixing together to form joy and love. Allow an abundance of loving joy essence to form while you focus your conscious awareness in your heart center.

Step 3: Finally, slowly exhale out of your mouth as you imagine that your heart consciousness (your Superconscious-Soul) is expanding like a bubble around your heart. Imagine it becoming larger than your entire being! I like to imagine an egg shaped bubble.

Repeat: The three steps until a smile emerges from within and forms on your face. Be sure to allow the smile to emerge on its own. If you force it you may trick yourself into thinking you're done when you really need to take more breaths.

The steps are summarized below:

Step 1: Inhale through nose and into your chest, imagine that you're drawing feminine essence up from the Mother Earth into your heart, at the same time imagine that you're drawing masculine essence down from the Father Sky into your heart.

Step 2: Once you've fully inhaled into your heart; hold your breath, relax your PC muscle, and relax your eyebrows, imagine that the masculine and feminine essences are mixing together to form joy and love.

Step 3: Finally, slowly exhale out of your mouth as you imagine that your heart consciousness is expanding like a bubble around your heart.

Here's an instructional video:

<https://www.youtube.com/watch?v=LQir4bOu9w>

This Heart Opening Breath technique can be done almost anytime you want to do it. It can be done with your eyes open. I do it while I'm driving my car, waiting in line, having a conversation, playing percussion with other musicians, etc.

The simplicity of it makes it something that can be practiced in front of other people without them knowing. Therefore, you can keep

your breathing practice private, even when you're out in public areas.

By practicing often I find myself smiling and feeling quite joyful without any reason to be happy. I might even be involved in some type of activity that's commonly considered unpleasant, but I'm still happy, with a smile on my face.

This practice also amplifies my intuition making it easier to follow my Soul's guidance.

This breathing method is the most valuable tool I've ever encountered.

The Heart-Opening Breath could be thought of as a trick that places you in a state that's similar to being in love. When the heart is open you feel as if you're in love even if you aren't in love with a person. The Heart-Opening Breath is simple to do. It can be repeated often to maintain the feeling and perspective that you have when you're in love.

If you've been in love then you know how wonderful being in love feels.

Being in love with a real person is, of course, better than, using the Heart-Opening Breath to expand your Soul and feel like you're in love. Unfortunately falling in love with a person who loves you in a balanced harmonious way is not

something under your control. Also, when you are in love, it can still be difficult to remain in love during portions of the day when your beloved isn't present. Despite that the Heart-Opening Breath gives you a way to keep your heart open throughout the day. Also, it can be practiced with one's beloved to maintain and enhance the love you feel for each other.

Later, I present a simple form of red tantra that can be used to improve intimacy between lovers.

If you're having disagreements with your beloved I include a section at the end of this book that discusses the negative emotional qualities of the heart. That section provides a way to use the Heart-Opening Breath to deal with the very common and frustrating relationship dynamic:

"Why do we hurt the ones we love most?"

I explain how to use the Heart-Opening Breath to end those conflicts and return to openhearted love quickly and easily.

The key to keeping your heart open is to listen to and follow your heart attentively. Many things can distract you. Examples include: your

ego's arrogance; your belly's emotions; and the twists and turns of life.

Luckily the Heart-Opening Breath can be used to reopen your heart and put you back on the Red Road of beauty. Once back in balance you can refocus your attention on your inner Genie to gracefully surf your inner wave of joy.

The Soul/Genie (or Holy Spirit residing in your heart) provides suggestions that arrive in our head as epiphanies.

In your experience of life do you notice thoughts popping up in your head that cause you to think that you ought to; call someone, go somewhere, or do something? It may seem more like a feeling or nudge guiding or encouraging you. In any case you don't know why, you just feel you ought to do it.

Have you, at times, chosen not to follow the guidance and then later you think, "Shoot, I knew I should have done that!"

On other occasions have you followed the guidance and discovered that by following it an inexplicably serendipitous or synchronistic event took place?

Have you noticed that these epiphanies are infallible?

Finally, have you been learning how to distinguish these epiphanies from your normal thoughts?

These epiphanies are divine guidance that is provided to help you throughout your life.

As you connect with your Soul's inner guidance and find your life shifting, consider changing the way you do the Heart-Opening Breath. Work with the practice to keep it in alignment with your personal growth.

We're in a time of a great change. We need to be flexible and flow with the changes that are taking place. Develop your personal form of the Heart-Opening Breath if you feel moved to do so.

Your Soul in your heart is always ready and waiting to help you from within. Developing a relationship with your Genie is the most important thing that you can do.

Red Tantra

Red tantra is a form of making love that brings spirituality and sexuality together providing a very powerful way for lovers to connect. If you're able to fully surrender to the love that issues from your heart, tantra can be truly enlightening.



Getting Started With Red Tantra

Let's begin with the simple situation in which you're hanging out with someone you love and you feel an urge to engaging with your beloved in an intimate way.

First of all, it's best to allow things to develop slowly. Tantra involves being in the present moment, listening to and following your inner guidance that emerges from your heart.

A simple way to begin is to ask your beloved if s/he would be willing to do the Heart-Opening Breath exercise with you.

To do the Heart-Opening Breath with another person a few modifications are explained here:

You may want to sit on the floor or on pillows on the floor or on your bed with pillows. The man can sit on the floor or on a pillow while the woman sits on his lap facing him with her legs around his body.

In any case you'll be facing each other while you look into each other's eyes as you each focus on the love you feel for each other.

Do the Heart-Opening Breath together, however, when you exhale out your mouth imagine that the loving joy you formed in your heart is radiating out from your heart forward to your beloved. This is symbolic of sharing your loving joy with your beloved.

Once both of you have breathed long enough to find that a smile has emerged from within and appeared on your face you're ready to take the next step.

If you're familiar with a different technique that opens your heart you may want to use it instead of the Heart-Opening Breath. Do what feels best for you and your beloved.

Once your hearts are open, keep looking into your beloveds eyes as you surrender to your Soul that resides within your heart.

Let go of any agendas you may have had before you began. Your Soul and your beloved's Soul can work together guiding both of you to connect with each other magnificently.

Let, the process unfold intuitively based on what emerges from within your heart.

If and when you feel called into action by your Soul do or say what emerges from within.

Don't push it and don't hold back, just let everything progress naturally from your heart.

By using the white tantric Heart-Opening Breath to begin a red tantric session you are combining the two forms of red and white tantra.



There Are Many Forms of Intimacy

Being intimate with your beloved may involve sexual intercourse, however, that's not the only way to have an intimate connection that's loving and deeply satisfying.

Simply continuing to sit together can be much more profound and intimate than you might expect. Remember, less is more.

Cuddling with each other can be another very beautiful way to connect intimately with your beloved.

Sensual message is another way to connect intimately.

Both of these can lead to sexual activities and they can be wonderful without getting into sexual activities.

If you feel that there's something you'd like from your beloved, it may be helpful to ask. Your beloved may be holding back because s/he doesn't want to push you further or faster than you want to go. Also, s/he may be very willing to do what you are feeling interested in even if your partner hasn't felt guided in that direction themselves.

Ask in a way that opens the door without pushing. "Would you be open to...?", "Are you interested in...?"

Sometimes one or the other person would like to become sexually aroused and get involved in sexual activities, however, they don't feel sexually passionate in that moment. In this sort of situation that person could say something like, "Honey, I would like to make love with you, but, I feel like I need some help getting in the mood. Would you be willing to..."

Some of the activities that can arouse a person's passion include sensual message,

kissing, oral sexual stimulation, hand or finger stimulation of sexual or sensual areas. Kissing, licking or nibbling on the ears and/or neck can lead to sexual arousal.

There are many erotically stimulating places throughout the human body, however, everyone is different. Be gentle and check in to see if your efforts are having the effect you're expecting.

Using oil with or without sexually stimulating scents can help make a massage more enjoyable.

Gently messaging a woman's g-spot can help shift her into a more sexual mood. The g-spot is located inside the vagina behind the clitoris. Don't push too hard. Use a rocking motion by lifting your forearm.

After a long day of work, people can feel tired and often lack sexual drive. Tantra can revitalize and energize men and women after a long work day. Even though normal sexual activities can leave a man drained, tantra has the opposite effect when done properly. Even when someone knows this, it may be difficult to get in the mood without a little help.

On the other hand, simply holding each other in a loving embrace and taking some time to

connect in a calm and loving way can be a wonderful way to share the love you feel for each other. Doing the Heart-Opening Breath while you hug can reinforce the love you have for each other by opening your hearts.



Foreplay

If you and your beloved are interested in sexual activities, any of the activities mentioned in the previous section can be part of foreplay that leads to intercourse.

It's important to be sure that the woman has enough lubrication before the man enters her. This is one of the reasons foreplay is so important.

Even with plenty of foreplay some women don't generate enough lubrication naturally. Too much friction can cause irritation, pain, abrasions and even tearing. If the man is wearing a condom he may be unaware of how much friction is developing. Using a personal lubricant can alleviate these challenges and make the experience much more enjoyable for both of you.

Even though you might begin with enough lubrication, over time, the area might dry out

and additional lubrication may be needed periodically.

To help the man get an erection, oral or genital stimulation can help. However, for some men it's more arousing to give oral than to receive it. Try a variety of activities to find what works for you.

Remember to maintain eye contact whenever it's possible. If you notice that your beloved has closed their eyes you can gently ask, "honey, can I see your eyes?" This little question can remind your beloved to open their eyes and connect with you in a more intimate way that honors your love for each other.

Some people tend to close their eyes and fantasize about something that's arousing. In tantra, it's important to focus on your beloved. This practice recognizes the divine that is in everyone and everything. Maintaining eye contact helps to support this important component of tantric practice. Conversely, closing the eyes to explore fantasies separates you from your beloved.

Once the man is erect and the woman is well lubricated intercourse can begin.

If the man isn't able to get an erection there are lots of ways you can proceed by using other parts of your body to engage in sexual activities. Be creative.

Tightening the PC muscle while doing the Heart-Opening Breath can overcome some types of physical issues that contribute to erectile dysfunction. Practicing the Heart-Opening Breath often can heal some common causes of erectile dysfunction.

Furthermore, the PC muscle tightening is a great exercise for all people in general and especially those over 35 years old.



Intercourse

After practicing tantric love making many times you'll develop a clear understanding of the meaning of the saying,

"Less is more."

Compared to normal sex, tantra tends to be slower, but longer in duration and many times more satisfying.

In the most profound expression of tantric love making a person can experience enlightenment as I described in the introduction. Furthermore, this method of

achieving enlightenment is the natural way to enlightenment. The divine union of the masculine and feminine polarities is the creative force of the universe.

As I mentioned earlier, once the man is hard and the woman is lubricated you can begin having normal intercourse, but, go a little slower than usual. The man can use a spiral motion to apply pressure to the sides of the female opening to increase the stimulating effect for the woman.

Do your best to maintain eye contact.

You may want to explore various positions to mix things up a bit.

If the penis is too long, entering from behind will reduce the depth of penetration.

Eventually, you or your beloved will notice that a genital orgasm is emerging. When this happens, slow down and practice a slightly modified version of the lower half of the Heart-Opening Breath.

The following describes this technique:

Tighten your PC muscle and inhale through your nose and into your chest while you imagine that you're drawing the orgasmic energy, that has developed in your genitals, up from your

genitals into your heart. Keep your PC muscle tight while you quickly exhale out your mouth.

Continue to draw the orgasmic energy up by inhaling again through your nose with a tight PC muscle. Then exhale out your mouth quickly. Repeat this exaggerated breathing with the PC muscle tight until the genital climax subsides.

When doing this try to relax all other muscles.

In other words, with all your muscles relaxed tighten only your PC muscle while breathing in the nose and out the mouth while you imagine that the orgasmic feeling that has developed in your genitals is being sucked up into your heart.

Once the feeling of climaxing has passed you can resume normal intercourse, however, do it at an even slower pace.

If you sense that you're extremely close to a genital climax you may want to stop moving completely or even pull out (or off). If you want to stop, grab ahold of your beloved's hips with your hands and hold them firmly to signal your need to stop moving.

Once you have steered clear of the climax go back to what you were doing but proceed a little slower.

Whoever tends to orgasm more easily will initially set the pace. The other person might not feel like much is happening at first, however, over time both of you will come into balance.

After some reasonable period of time (one to three hours) stop moving and shift into a comfortable cuddle without disengaging. Keep it in there for a while.

This type of non-climactic lovemaking can be practiced for several days, weeks or even months. After drawing enough energy into your body, your entire body will spontaneously erupt into full body orgasms without a genital release. These can continue for unbelievably long periods of time. A friend of mine told me he has practiced for up to 13 hours at a time. Furthermore, the sensations will be many times more wonderful than normal genital orgasms.



Running the Energy

After several sessions you may want to run the orgasmic energy in a loop as described in the introduction and summarized here.

The man can imagine that he is sending all of his wild masculine energy out through his penis and into the woman's body where it passes

through her heart to become love energy. Then the man can imagine this love energy coming out of the woman breast and into his mouth. From there the energy passes down through the man's heart. Then it goes down his torso further into his genitals to complete the circuit as it continues around the loop.

At the same time the woman can imagine she is receiving the man's wild energy and drawing it up into her heart to become love energy. Then she can imagine that she is sending the love energy out of her breast into the man's mouth. From there she can imagine the energy passes through the man's heart as it travels down to his genitals and back up into her to complete the circuit as it continues around the loop.

While this process is taking place do your best to relax all of your muscles. This relaxation will allow the orgasmic energy to flow through your entire body. Conversely, tight muscles inhibit the flow.



Genital Release

Eventually you may choose, with your beloved, to have a genital release. It may be more healthy to release once in a while, but I haven't found

definitive research on that. Just to be safe, I recommend occasional release to keep the pipes from clogging up.

Men (and some women) tend to tense up to squeeze the orgasm out. This causes the orgasmic energy to be pushed out of the body leaving the person depleted.

To allow the orgasm to fill the entire body and retain the orgasmic energy inside the body relax all muscles during the climax.

The orgasmic energy can't move through tight muscles. The more you're able to relax during the climax, the more you'll be able to retain the vital energy, feel orgasmic sensations rumbling throughout your entire body and have a genital orgasm.

Try releasing with the man on top and then the next time switch to release with the woman on top.

The person on the bottom will be better able to completely relax their muscles so it's fairest to switch off and allow your partner to experience the bottom where they can completely relax their muscles.

That's all for the fundamentals!

Remember, "Less is More."

Deep Surrender

This section is about surrendering to your Soul in your heart in a way that gives that divine inner god the opportunity to live through you.

Do you play a musical instrument? Have you found yourself watching the music play through you? Have you noticed that when you try to take back control and do it yourself, from your head, the quality of the music is reduced?

I play percussion and I've experienced performing far beyond my normal ability. Then, when I think about what I'm doing, I screw it up. As long as I let go and let my Soul play through me the result is awesome, but when my ego mind takes over the beat falls apart, or at least it loses its enchanting feel—the magic disappears.

The same thing can happen when a person is dancing, playing sports, doing recreational activities or performing any skilled activity including red tantra. Letting go and letting my Soul live through me has led to the greatest experiences of my life.

Deeply surrendering to the Soul in one's heart is actually easy. To do it, I make sure my heart is open by performing the Heart-Opening

Breath. Then I begin to take the first step and simply let go. Without effort my Soul takes me on a glorious ride, keeps me safe, and fills me with joy as a magical experience unfolds.

Reflect on your life to notice if there are times in which you may have let your Soul live through you. For example, have you walked on rocky terrain and been able to look around while you're walking? Have you discovered you can trust that your feet will find where to put themselves? Walking on rough terrain easily is a form of deep surrender.

Discover the activities in which you're already letting your Soul live through you. These activities will be the ones that you seem to do very well even though they're also the one's that are nearly effortless for you to do very well.

Next time you're involved in an activity that you're especially good at, take a moment to notice how much effort it takes. Is it unusually easy? Does it feel like you're watching it happen rather than diligently doing it? Does it feel blissful? If you answer yes to these questions then your Soul is most likely living through you.

When I drum well, I just begin the motion of moving my hands as if I'm going to hit the drum

and then I let my hands play without thinking about it.

There are many activities in which I just dive in and hope for the best. It's amazing how well it works. A very skilled guitar player once told me that he calls it, "Fake it till you make it."

You can do it. Just take the first step and let go.

Deep surrender is when your ego willingly steps aside to let your Soul takeover. By inviting the divine consciousness of the Soul within your heart to step in you can discover how glorious it feels to be exceptional.

It's important to realize that there's a limit to deep surrender. Each of us are individuals. Part of being an individual is having freewill. Our freewill enables us to be unique individuals. One's Soul may help a person play beautiful music or engage with their beloved in tantric lovemaking, however, it will not violate one's freewill. We must each play our part and be the individual humans who live our lives.

Deep surrender is an enhancement that occurs when you let your inner Divine Guardian express itself through you. And when it does,

you experience something truly exceptional a heart centered way of life.

I believe it's best to thank my Soul for these remarkable experiences. Being grateful and recognizing that I'm not able to do these things without my Soul, helps me maintain a humble ego.

Ironically, humility is the greatest quality one can develop. Humility and the sincere appreciation that accompanies it, helps a person surrender to the divine within their heart more often, making that person more exceptionally talented than anyone with a big ego will ever know.

Check out the movie, "Peaceful Warrior." It does a wonderful job of illustrating how this works.

Negative Emotional Qualities of the Heart

It's very important to be aware of the heart's negative emotional qualities.

A "Taoist Inner Alchemy Anatomy Chart" designed by Mantak Chia states,

"The negative emotional qualities of the heart are; impatience, cruelty, hot temper, and violence."

Most people don't realize these are qualities of the heart.

Mantak Chia's chart also identifies the natural qualities of the heart "joy, honor, sincerity, love, respect, and kindness"

His chart also explains,

"The heart energy center is the seat of love, joy, respect and surrender. When the heart is open one feels honor and respect, when it's closed one feels a sense of worry and panic."

In following my heart I've experienced the negative emotional qualities. I've become impatient and hot tempered when someone did or said something contrary to the natural qualities of the heart.

In other words when someone acts tormenting, dishonorable, insincere, unloving, disrespectful, or mean, I've retaliated with cruel or violent words in a hot-tempered way. In some of those cases I've been told, "You aren't following your heart when you act like that!"

Before I discovered the heart's strong opposition to actions that violate the loving nature of the heart, I agreed with those criticisms and figured that I needed to learn to follow my heart better.

Then, after learning about our Soul's defense of righteousness, I began accepting this challenging aspect of open-hearted living. I've also discovered a way to deal with it.

When I'm doing the Heart-Opening Breath often, I'm more likely to laugh or make a sarcastic joke than lash out in a hot tempered way. It seems as if, I'm in such a joyful state that I use a sarcastic comment that's humorously cruel rather than overtly cruel.

Reacting this way allows me to remain in a relatively joyful state in which problems become a reason to laugh rather provoking me to become seriously angry.

There are occasions when I do express the negative qualities of the heart directly, however, these have become less common. In such situations I've found it best to walk away, cool down, and breathe until the smile returns to my face. Then I calmly review what happened and see if there are lessons for me to consider. I also ponder the possibility that it may be best for me to keep my distance from this person or situation in the future.

I've also been learning to hold my hot-temper and politely ask the person to adjust their behavior rather than react aggressively. I've found that this method works much better than an angry outburst.

There seems to be an edgy feeling or yellow line where the negative emotions of the heart quickly lead me out of my heart and into my emotional belly. It's best to do the Heart-Opening Breath before this yellow line is crossed. The sooner the better.

On the other hand, there are positive aspects of these negative emotions of the heart. For example, I've noticed how those negative qualities of the heart are helping me notice who I want to spend time with, and what I want to spend my time doing. I'm becoming more aware of what fills me with joy and what unsettles me. I find myself slowing down while the popular world seems to be spinning faster and faster. I'm connecting more with nature, my humble home, simple things and loving friends that feel wholesome and nurturing to my soul.

Hence, the silver lining to the negative qualities of the heart is how these qualities act like an alarm system alerting me to the fact that I'm dealing with a cold heated person. Given the alarm, I can choose to walk away and avoid further conflict.

Finally, let's consider how the negative emotional qualities of our hearts could be involved in a very common and frustrating relationship dynamic that's described:

"Why do we hurt the ones we love most?"

Unfortunately, it's common for people to experience conflict with the people they love

most. During these conflicts, violent and cruel words can be exchanged in hot tempered and impatient ways. In extreme cases the conflicts become physical. The strange thing that makes this common issue so frustrating is how it occurs between people who really love each other.

Consider this scenario: two people love each other and at some point in time one of them has their heart open while the other's heart has closed, possibly due to a rough day. With a closed hearted they do or say something that's: tormenting, dishonorable, insincere, unloving, disrespectful, or mean. It may have been intended to be sarcastic, regardless, this triggers the negative emotional qualities of the heart in their beloved whose heart was still open. The apparent attack triggers the negative emotions of their heart producing cruel or violent words presented in a hot-tempered way. Soon this exchange escalates into a full on fight.

I suspect this is how the negative emotional qualities of the heart can cause us to "hurt the ones we love most."

I experienced this with a woman I loved and lived with for two and a half years. When we found ourselves involved in a disagreement we

practiced the Heart-Opening Breath together to dissolve the conflict and quickly restore peace and love to our relationship. Here's how: my beloved and I would find ourselves in a disagreement or a full-on fight. Eventually, I would ask, "Can we breathe together?" She would say, "Yes." Then we hugged each other and place our heads over each other's shoulders. In that embrace we would do the Heart-Opening Breath together until we both smiled, indicating our hearts had opened.

Amazingly this method worked every time we did it for two years!

After doing the Heart-Opening Breath we would be in love again. Often we couldn't even remember why we began arguing.

In order for this process to work we made an agreement that if and when a confrontation develops and the offer to breathe together is proposed by one of us, then the other will accept the offer. By making this agreement ahead of time we established a commitment that was honored even during a highly emotional conflict. The most difficult part was for one of us to think of asking the other to breathe when caught up in a conflict. The acceptance of the

suggestion to breathe together and breathing together was easy and 100% effective.

The literature I found on this relationship dynamic claimed that it's one of the most common problems in relationships. It happens between lovers who may be parents, between parents and their children, and between siblings. It can even happen between friends.

If this is an issue for you, I suggest that you discuss it with the ones you love and see if they're willing to try this solution.

If they are, then make an agreement about how you want to go about it. Work out the details of how you would like to make the statement to begin the breathing process? Would, "Can we breath together?" work for you, or would you like to say it in different way? Also, how do you want to do the breathing together? If one person is quite a bit taller than the other then you may want to come up with a different arrangement than the one I explained earlier.

It's important for everyone to agree and make a commitment to do the breathing whenever it's requested. No one wants conflict with the ones they love so it ought to be

reasonably easy to make this agreement during a peaceful time.

I've found it's important to ask to do the breathing together. Telling the other person that they need to breathe is arrogant and implies that they are the problem. It's much better to say something like, "I need to calm down would you please breathe with me?"

Because it's difficult to think of suggesting to breathe while caught up in a conflict it's a good idea to empower other family members to make the suggestion to do the Heart-Opening Breath when they see a disagreement taking place between other members of the family.

For example, when a friend of our's found my beloved and I in an argument, she asked, "Why don't you do that breathing thing you talk about?" We looked at each other and realized she was right. We breathed together, the conflict ended and we were in love again.

Using the Heart-Opening Breath to end conflict and restore love between people who love each other is a very practical way to use the power of the Heart-Opening Breath to improve your most important relationships.

If we and our loved ones could keep our hearts open all the time, none of us would do or say things contrary to the natural qualities of the heart. With our hearts open wide we would always be expressing our hearts' natural qualities and the negative qualities would not get triggered. We can work toward this way of life by doing the Heart-Opening Breath often.

On a global scale, I hope that someday everyone will master living with our hearts open all the time. If and when that happens we will all behave in alignment with the natural qualities of our hearts such that the negative emotional qualities of our hearts will no longer get triggered.

When that day comes we will experience the dawn of peace on earth!

Closing

I hope this little booklet helps you to live a more healthy and happy life with more deeply satisfying intimacy.

With higher levels of physical vitality you will be more able to accomplish your life's purpose.

When practicing tantra you'll be uniting the powers of spirituality and sexuality to create an experience of divine love that's more wonderful and more powerful than you can imagine!

The split between spirituality and sexuality was part of a process that has pushed human beings apart making us into individuals. This divisive process is nearing its end as we are approaching the end of the era of divisive civilization. In the new era that will emerge, the splits between spirit and matter, spirituality and sexuality, good and evil will be reunited in openhearted love.

Finally, be aware of the difference between love and lust.

Love is an eagerness to please one's beloved. However, love isn't selfless because joy is felt when pleasing one's beloved. Therefore, both parties benefit.

Conversely, lust is seeking pleasure in a selfish way without regard for the object of one's lust. If both parties lust after each other, the selfish basis of the relationship can lead to misery.

Most romantic relationships contain a blend of both elements which can combine into a rich experience for both parties.



In tantra the participants see their beloved as a representative of the divine in human form. When connecting with each other in this way their union becomes **Hieros gamos** (the holy marriage) - a sexual ritual that plays out a marriage between a god and a goddess when enacted in a symbolic ritual where human participants represent the deities.

The ritual becomes real when the lovers deeply surrender to the divine within their hearts. This allows the Divine Soul to emerge from within their hearts. When both lovers look into each others eyes peering into each others Divine Souls they truly experience the holy marriage that is based on the magnificent relationship dynamic we call love!

Without love transcendence will not take place, however with love red tantra can shift your perspective from the physical outward view we normally see to expose the inward realm of pure consciousness where you can experience for yourself how it feels to be the One Who is All.

Other Books by George can be found here:
www.soulcovenant.org