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# 6 SIMPLE STEPS



TO GET YOU STARTED  
WITH **TANTRIC** SEX



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## **6 Simple Steps to Get You Started With Tantric Sex**

Have you ever wondered about the practice of Tantric sex or how it is performed? Have you come across a lot of confusing information? There is endless information on Tantric sex – or Tantra as it is often known- out there, with several different various interpretations of it as well. It can be rather overwhelming when first starting out, trying to figure out the good from the bad or the right from the wrong. This little guide serves as the ultimate quick start tool for putting the art of Tantra into practice. You will be presented with six main processes needed for a successful and pleasurable first experience in tantric lovemaking. Of course, this guide merely touches on each of these subjects. They are, on their own, worthy of detailed guides. Many of these topics are covered in my courses, handpicked for you so you don't need to go through endless books. Here is the basic essence of tantric sex for beginners -

### **CONSECRATION**

Consecration is the act of offering up your actions to a higher power– whatever that maybe for you – be it God, The Universe, The Divine or an Omnipresent Energy. Consecration is giving away the fruits and results of your act. By doing this, you are taking away all authorships of the act, and allowing a higher power to move through you. All results – good and bad – are channeled through this higher power. In this way you protect and sanctify the act or situation. Before engaging in a tantric love making session – or any other spiritual ritual – it is a good idea to consecrate. Sit with your eyes closed and spine straight. You or your partner announces out loud that you are about to consecrate the fruit of this tantric love making. Focus on your crown chakra – on top of your head – and try to lose yourself in the idea of consecration. Try to form a connection with the universe around you -When done successfully, it can feel like a tingling feeling or a warm or cold feeling.

### **MEDITATION**

Presence and intimacy is of utmost importance in a tantric lifestyle. A good way to achieve that is to ground oneself with meditation. Practicing meditation before and after a tantric love making session, helps you live in the present moment, become more aware of your body, and disregard all unnecessary thoughts. You can continue directly after the consecration with an individual meditation session for about 5-10 min. Or you can also do it together with your physical bodies touching. Sit in a “Yab Yum” position with your partner - the man enters a crossed leg position; the woman straddling

the man – crossing her legs behind his back. Keep close to each other so as to sit heart to heart and close your eyes.

## **CONNECTION**

Connection is another important process in almost every sexual relationship and more so when it comes to Tantra. We all desire to connect with our partners. Sharing such a profound experience as tantric sexuality can be, you will start to feel very connected to your lover, on deeper levels than ever before. Connection is about being intimate. Sharing yourself and allowing yourself be seen as you are, not holding back in sound and movements – to let yourself completely go in your fullest expression. It's about the intimacy of staring in your partners eyes while making love and feeling at one with the whole universe. So let yourself loose, don't be shy or limit the way your body wants to move and express itself. We have collectively done this unconsciously for too long now, because of the shaming and taboo behind sex that have been created by state and religion. Be fully present with your lover and the situation. Do not wander into thoughts and every day worries. Give all your attention, thoughts, feelings and energy to the moment you are in. Let yourself and your lover feel like this is the only moment in time there ever was, and there ever will be. All is now. All is Love.

## **KAREZZA**

The Karezza Method is the act of gentle sexual intercourse where the emphasis is on the act of sexual course itself rather than reaching an orgasm. In this context, Karezza is about slowing down. What it means here is to slowdown the friction based penetration and start to feel your body and its emotions. What can you feel happening in your body while making love? Try to redefine your definition of an orgasm. An orgasm is not just about those final few seconds/minutes of pleasure you experience while making love. That is an inferior orgasm that usually depletes your life force energy. When compared to being in an orgasmic state or having multiple orgasms, it is rather insignificant. When you pause and focus solely on the act of sexual intercourse, you might start to notice waves of pleasure running through your body, just by keeping still. You might start noticing the different emotions your lover is feeling. Try to dance around the "flow state" – where you experience those little bursts of pleasure without losing control and getting overly excited leading to a less powerful orgasm. Another point to note is that asexual interaction does not necessarily have to mean penetration or oral sex. Just by lying next to your lover and feeling your bodies merge together can be a highly sexual interaction. If you are sensitive enough, you will start to feel

energy waves of pleasure in your body just by being close to your lover. Don't worry if you do not feel it right away; with practice and patience, you will. You can start to play with this energy - to build it up between each other; excite one another, moving slowly in a continuous upward spiral that can go on for quite some time. If you feel yourself drifting away, you may speed things up a little whereas if you start feeling frustration, you need to slow down even further in order to first connect with your partner. If needed, take a break and channel the energy – this has been discussed in the next point.

## **SUBLIMATION**

Converting lower energy to higher energy - also known as Sublimation - is one of the cornerstones in Tantric life. As a beginner this is something you need to put extra effort into. When the heavy sexual energy from the sacral chakra gets to be too much, you need to move that energy to feel lighter and be able to continue. This process has been compared to alchemy, turning lead into gold with lead being heavy energy and gold being light energy. Being a highly spiritual process, it involved using the excess energies and putting them to use in lesser developed areas of your being such as the higher chakras - The Heart, The Throat, The 3<sup>rd</sup> Eye and The Crown thus creating more spiritual qualities in your being and life. How does one accomplish Sublimation? There are many ways of doing this both during lovemaking itself or during a personal yoga practice.

First thing to do is just to STOP the lovemaking at the peak. The Starting and Stopping method is a great way to do this. In Tantra we want to prolong the lovemaking as much as possible in order to be able to reach long blissful experiences and orgasmic states that last much longer than a regular orgasm. In order to do that, you can practice starting and stopping – when you feel yourself about to climax, slow down or even stop making love for a moment. Take a break and focus on your breathing. It can also help to play around with your breathing pattern – for instance, try to breathe much slower than usual, in and out through the abdomen or try to breathe much faster than usual, like hyperventilation. The key is to focus on your breath and let it take all your attention. After a few minutes of doing so, you will start feeling the sublimation process in effect, and begin feeling lighter. You may now continue making love with your partner. Another technique you can use is chanting of mantras. When you start feeling the peak approaching again, or when you feel you are about to lose control, stop completely or just slow down and start chanting the mantra AUM out loud while focusing on the 3<sup>rd</sup>

Eye, in the middle of the forehead. Better yet, you can do the two together for enhanced effects. These are just two simple techniques, there are so many more that you can try. Some work better for some people, all depending on how your energy system will respond.

## TRANSFIGURATION

*"If Your Eyes Are Opened, You'll See The Things Worth Seeing." ~ Rumi.*

Transfiguration is a spiritual concept that can seem a bit abstract in the beginning but is crucial when trying to enjoy Tantra. It is to look beyond the physical material plane and see the divine in everything. This is somewhat similar to how they greet each other in India with "Namaste!" which roughly translates to "The divine in me, bows to the divine in you". This is a practice that requires refinement of the senses. Start by trying to sense that your lover is not just what you can see – He/she is not just his/her physical body of flesh and bones, but that there is something more in there. Sense the part of your lover that is infinite - the soul or spirit, a boding deep in your lover eyes. Try to adore your lover with reverence, like you are looking at a piece of exquisite art. Examine every little detail, every little movement. Try to look at them from an elevated place rather than a place of lust and desire. Focus on your heart and throat chakras while looking at them. Almost as though you are looking WITH or THROUGH these two chakras. Imagine that your partner is an elevated being, an accomplished yogi, a saint or a god/ goddess. Perfecting the transfiguration practice can lead to some paranormal experiences of feeling connected to something bigger like the oneness of the universe. You may start having visions of the great Shakti and the ever present Shiva during the act.

