

Sacred Sexuality

Unlock Your Sexual Energy

By Suheyl Yekenkurul



Most People are unclear about what Tantra Massage really is and what it can do for you. Tantra Massage is taking a new spin on massage and the approach to Tantra. Traditionally, for Westerners to learn about Tantra, you will have to enroll into a workshop, generally a couples only event, a weekend retreat costing thousands, or an overseas event with a guru that goes only into the spiritual side of Tantra.

With the Jade Lotus Method of Tantra, you not only experience Tantra healing, Prana healing and amazing physical sensations, but you also receive extensive theoretical knowledge on Tantra while you're being massaged. This way you learn more deeply, take the knowledge away with you and are given homework on how to apply Tantra to your everyday life. To some, Jade Lotus Tantra is a lifestyle; to others, it's empowering our spiritual masculine and feminine energies.

So, what is Jade Lotus Tantra? And, most important of all, what is its relevance to us in today's hectic lifestyle?

The word Tantra is Sanskrit, the sacred language of Hinduism. It derives from the root word TAN, which translates as "to expand, or to weave".¹ Tantra's essence is mainly about continually expanding, spreading, and manifesting oneself like a "cosmic weave," utilizing different energies. As individuals, we are a part of the

universal weave and every type of energy and matter encompassed within it. This includes thoughts, actions, and all physical matter.

Jade Lotus Tantra Massage, as taught at the National Institute of Tantra, is a newly formulated three-level massage that is instructional, experiential and thoroughly therapeutic. Through the Jade Lotus Method of Tantra Massage, we find a more "real", more "complete" approach to Tantra. How? By recognizing and stimulating our inherent sensual spirituality, we are taught the essence of Tantra, how all the principles intertwine and become one and we discover parts of ourselves that have remained asleep or have been repressed. With Jade Lotus Tantra, energy is released that is evolutionary and upwardly motivated. We can learn to use this energy for pleasure, abundance, and for aiding our spiritual evolution.

The taboo of Tantra massage is that it is a "happy ending" massage, a sexual

service or a way of hiding behind a spiritual veil to make money from the Tantra bandwagon. There are, in fact, people who do that. However, the Jade Lotus Method of Tantra Massage is one that does not involve any sort of genital touching, and in no way do we get involved in any sort of sexual "happy ending". The three levels are based on learning, entering into a plane of education and sexual consciousness.

The Jade Lotus Tantra Massage is a three-step process. Step one, involves a full body massage, and while being massaged, clients will learn deeper, more thorough knowledge of the Chakra system of the body.

In the "transphysiological" language of Tantra, cosmic energy is said to flow into the microcosm through the chakras and thence to cycle through the subtle body and out again into the macrocosm. It is said that this happens in all of us, whether we know it or not and whether or not we cooperate in

the process. Our degree of openness at the various chakras corresponds to our degree of consciousness; and our conscious participation in the macrocosm increases proportionately (Karagulla & Kunz, 1989: 36).²

The chakras are the key to physical health, emotional stability and mental clarity. The chakras are vortexes of moving energy, which then stimulate various endocrine organs in the body to secrete hormones into the blood system. The effects of hormones control our body. They also affect our state of mind. When we begin the journey into our Chakras we open the way for healing, psychological development and spiritual growth.

As we progress upward through the energy centers, we learn more about who we are, and the ideas and attitudes that form our lives. The massage therapist, while massaging these areas, is talking through the chakras with the recipient, educating them in all the energy centers.

This system of healing is ancient. It was mentioned in Vedic records, the Egyptians perfected it through aromatherapy and color healing, the early Jews codified their understanding of these principles in the mystical Kabbalah and the Islamic Sufi's embraced the Energy as a connection with God. Today, in our highly charged world, we are in urgent need of understanding this ancient knowledge. The massage itself involves strong, deep tissue massage over the chakra areas, and gliding the energy from one part of the body to the other, asking the recipient to visualize the energy moving.

Level two of the Jade Lotus Tantra Massage involves lengthy discussions in Pranyama. The Sanskrit word for Prana means life force. Pranyama (the act of taking in Prana) teaches that during the retention portion of the breath cycle, one should consciously retain the Prana, and then release the carbon dioxide (and other gases) from the lungs during exhalation, storing the Prana in the third Chakra.

Pranyama techniques used are the Circle Breath, Trapezoidal Breath, Kundalini Breath, Pranavayu Rasa,

Prana Sukha and the solar Luna Breath. There is a convergence and synchronization of breath; life force merging into a vortex, physical and subtle energy exchange is taking place. The Bhagavad Gita, Yogavasistha (ii. 78.46.) has explained: "When through continued practice of Pranyama the vibrations of breath are silenced, that causes the mind, too, to become completely silent. That is the state of Nirvana."³

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Recipients walk away with fundamental knowledge of the different types of breaths, which will allow them to find the central pathway between mind and body. Tantric breath is also a purification breath and with every breath, practitioners feel cleansed and more energized as this purification meets with the heart.

The Jade Lotus Tantra Massage level 3 acquires all the knowledge gained in the first two levels and puts all these techniques into practice into the third level. In level 3, the recipients learn how to stimulate the life force (Shakti) and combine it with cosmic knowledge (Shiva); the process of this awakening is accelerated through Tantra and is reflected in the image of the Kundalini.

Kundalini is depicted as a coiled serpent that lies dormant at the base of the spine. Level Three Jade Lotus Tantra helps awaken the energy, which then rises along the spinal column, activating all the other Chakras on the way up. More specifically, however, it can be said that each chakra, beginning at the base of the spine and proceeding upwards to the head, opens for us a separate and progressively higher "level of consciousness" (Sivananda Radha, 1990: 49).⁴

This is done through putting both level 1 and level 2 together into the level 3. Strong movements, body contact and deep breathing techniques assist

in activating all the seven Chakra centers, which allows the client and the practitioner to enter into Yab Yum position. The Tibetan Buddhist term Yab Yum represents father-mother union - symbolizing the uniting of wisdom and compassion.

The practice of Tantra is founded upon the mysteries of the male to female union of energies. Samadhi, otherwise known as enlightenment, is the personal consciousness of the union between Shiva and Shakti. The movements and techniques that come through Jade Lotus Tantra Massage provides the individual an opportunity to experience this union and this method reaches toward this awareness.

The all too familiar relationship between Tantra and sexual service and the taboo of cult-style Tantra sex, is something that the National Institute of Tantra is attempting to re-educate the public about. Tantra Massage can be done without a "happy ending" and the newly formulated Jade Lotus Method is just that.

Tantra teaches us to become familiar with our spiritual nature, and when we do so, our boundaries expand. We enter into new domains of awareness. We become empowered, more fulfilled, and embrace our true nature as feminine and masculine. A great way to learn about Tantra is through the Jade Lotus Method of Tantra Massage, as it is nurturing, educational and therapeutic.

Suhey! Yekenkurul is the Founder of the National Institute of Tantra. For more information visit www.tantramassage.com.au ■

1 Norbu, Chögyal Namkhai (1999). *The Crystal and The Way of Light: Sutra, Tantra and Dzogchen*. Snow Lion Publications. ISBN 1559391359, p. 49

2. Karagulla, Shafica, and Dora van Gelder Kunz. *The Chakras and Human Energy Fields*. Wheaton, IL: Quest, 1989

3. Bhagavad Gita, Yogavasistha ii. 78.46.

4. Sivananda Radha, Swami. "Kundalini: An Overview." In J. White, White, John (Ed.). *Kundalini, Evolution and Enlightenment*. New York: Paragon House, 1990. 1990: 48-60