

5 Methods to Achieve Intense Tantric Intimacy



By LJ Vanier | [The Spirit Science](#)

Our culture seems to use sex simply as a way to release tension. A goal oriented, five to ten minute, hot and sweaty work out, to get that release and then it's over. A lot of energy spent. A lot more wasted.

When a man or woman feels flooded with sexual energy the basic primal instinct is to release it. This because we all have the biological wiring to procreate. But sex can and should be spiritual. A melding of masculine and feminine energy, merging and transcending the pair into higher level of consciousness.

Sex doesn't just have to be ordinary and it's time we learned what eastern cultures have known for centuries. That sexual energy is the highest form of energy. The energy of creation, the energy of expression. Tantric sex, embraces these two qualities.

Harnessing the energy from the sacral chakra and allowing the energy to flow up and through the throat chakra. This is why quite literally it is said that without these two chakras, life itself would not exist.

The main purpose of tantric sex is to awaken your kundalini energy, the serpent energy running up your spine. The infamous snake known throughout ancient history, from the Bible to Buddha. Once unleashed, it rises up and activates your mind in the center of the brain. Where the spirit takes flight and arrives at the tree of life, allowing the enlightened one to travel between the three worlds.

Tantric sex will not be easy to learn at first, it's going to take a lot of practice (wink), but once you can master it, this energy can be used to connect back to the source of all creation.

Related Article: 6 Keys to Mind-Blowing Tantric Sex

Everything you never thought possible, becomes a reality.

1. Lock eyes and breath deeply.

Begin by facing each other and gazing deeply into each others' eyes. And yes, start with clothes on. It's most powerful to focus on one eye; this keeps you intimately connected.

☒ Eyes are windows to the soul, so you are gazing into your lover's soul, they into yours. Do not look back and forth between the eyes, you will not gain the connection needed. This teaches you to stay open with your partner mentally, physically and spiritually.

2. Assume a "Yab-yum" position.

Yab-yum is a Tibetan phrase that means "father mother". This unique position allows for highest level of intimacy between you and your partner. You can either sit cross-legged across from your partner with your knees touching or sit with your

legs wrapped around the other person's torso. As you feel more comfortable you can then sit in your partner's lap with your legs completely wrapped around each other.

Maintain your focus on your partner, looking into each others eyes and continue practicing the breathe in, breathe out technique. Inhale deeply from your belly as shallow breathing depletes your energy more quickly. Continue this exercise as this will show you how to create a hold a higher vibration with your partner.

[Related Article: Tantric Sex: What Is It and How Do You Incorporate It Into Your Life?](#)

3. Synchronize Your Breathing

Breathe in together, exhale together. Then move into breath exchange: you inhale when they exhale, then exhale when they inhale, as though you're breathing each other in and out.

Next the female starts the cobra breath.

This ancient breath technique was held secret for many years and is only acquired through word of mouth. Never has it been written down anywhere as it was known as a source of great power.

Practiced for thousands of years for the purpose of harnessing this sexual energy and using to elevate consciousness, the breath pulls the Shakti (magnetic energy into the spine and changes the electro-magnetic properties of the cerebro-spinal fluid. Thus, allowing for the kundalini energy to move up easily.

[READ THE REST OF THIS ARTICLE...](#)