

Tantra and Our Immunity

How many of us are as healthy as we would like to be? Do you desire a spring in your walk, a smile on your face, a twinkle in your eye, a harmonious life? How would you like to be more energetic, symptom-free, serene, super-immune, attentive and alert, organized, focused, happy, expressive, optimistic, sensuous, and libido balanced? What does all of this have to do with Tantra and our immune system?

I like to call this sexual healing and a Tantric lifestyle could be an answer. Our sexual connection with ourselves and our partner, or lack thereof, can cause our immune system to become depressed or increased, depending on how connected we feel. We have three energy systems; *chi* (life force), *ching* (sexual energy), and *jing* (our aura or energy field). It is the sexual energy that controls our immune system. It can deplete or build energy in our bodies. When we 'have' sex or 'do' sex, it can be very draining on our body, our emotions, and our spirit. When we express love and make love, we enhance our immune system. We feel connected, loved, alive, and our energy surges.

Here are two examples of what I am talking about. One man has been married 4 times. With each marriage (except for one) as it started to deteriorate, he became seriously ill with immune deficiency diseases. He developed sarcoidosis in his early 20's, in his early 40's Non-Hodgkins' lymphoma cancer and now in his late 40's has developed COPD (chronic obstructive lung disease) and hemochromatosis (too much iron in the blood). In his second marriage, he had a dog and they had a great love affair. He loved that dog but it was his wife who became ill. He wants to be loved and loving. He wants 'sex' with many partners and has done so, but at what cost – his health and the health of the women he has 'sex' with.

Another story: a woman was a nurse and real go-getter. She went that extra mile. One day, her husband decided he was no longer going to sleep with her or have intimate relations with her. She was devastated. So she threw herself into her work and after 5 years, she developed a rapidly growing cancerous tumor. I got to be with her during the final days of her life. She told me over and over again, she felt this was brought on by her disconnect with her husband and she desired to be hugged and kissed. He was upset with her for having some rare cancer. I felt so sad about all of this. I see so many examples in my work like this. It doesn't have to be this way.

What we do to our bodies, we do to the other person. When we connect sexually, we become one. We affect each other on many levels. The more we 'make love', touch each other lovingly and consciously, the stronger we become individually and holistically the relationship becomes stronger. If we are single, we can learn to use our sexual energy to keep us strong also. Open and honest communication is a huge part of this. Being intimate creates a strong immune system. Are you just roommates or do you have a deep spiritual connection?

If your health is important to you, your partner, and your relationships consider learning to ride the oxytocin wave. To learn more about this, Tantra, to find out about sessions, classes and events, or to purchase a copy of my book or CD, *Sacred Sex, Sacred Life: 13 Secrets of Tantra*, visit www.secretsoftantra.com, e-mail janetlee@secretsoftantra.com or call 780-633-6623.

Please note this is the third article in a 4-part series. The first article is in the fall issue and second in the winter issue. You can read the articles on my website under Articles.

Namaste

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