

# Tantra and Intimacy

by Janet Lee



What I hear over and over again is that there is little or no intimacy in relationships, but what really surprises me is that men are doing most of the complaining about feeling lost, lonely and disconnected. Mantak Chia says that “without regular touch women tend to become depressed and uninterested in sexual touch, while men tend to become aggressive and uninterested in touch that is not sexual—this is a recipe for disharmony.” I agree with Chia, but would like to add that men also get depressed when they are not touched in a loving way.

*“The practice of intimacy is a mindfulness exercise in which your purpose is to be open and honest with your partner and to pay scrupulous attention to him or her. Willfully appreciate this person, whether you are together or not. Appreciation is a doorway into the heart.”*

– Frank Andrew, Ph.D. **The Art and Practice of Loving**

Intimacy refers to how much you need emotional closeness with your partner. When we are driven by the primitive part of our brain and the dopamine rush we actually close our hearts to our partners. Traditional sex can imbalance us and leave us feeling empty and unsatisfied. Most women want a heartfelt or soulful experience with their lover, who they typically regard as their best friend and confidant, while most men want a glandular experience. The mismanagement of sexual energy is the quickest way to destroy intimacy and break down relationships.

People with big hearts can have impressive openness with their partners. That openness includes using lessons learned from past experiences and relationships, extending trust, believing that your partner returns your feelings and devotion, and being generally comfortable with surrendering yourself to a partner. Four primary forces influencing our intimacy are:

1. Genetic Programming: this is the most powerful determination of your relationship and intimate experience. (Ignore the power of your genes and you are heading for pain and suffering.)
2. Sexual Polarity: this is the energetic charge that exists between the masculine and feminine “poles.” (Do not confuse these “poles” with masculine and feminine gender or “roles.”) Without this charge, you will just feel like friends and not lovers or intimate partners.
3. Pain Body Activation: the pain body is the energetic and emotional residue left behind from our unresolved past. (This pain body attracts a partner who will push all your buttons.)

4. Projection: when we confuse our internal and external realities our subconscious always projects our own ‘dis-ease’ onto an external person. (Learning to identify projection is essential to harmony in our relationships.)

Safety is the most important ingredient in creating intimacy. Tantra offers us ways to become intimate, based on mutual caring that generates deep feelings of affection and love. To open our hearts and create bonding behaviour from the frontal spiritual part of the brain, here are some simple, yet powerful, suggestions to practice every day.

- Use conscious loving touch: the skin-on-skin touch that is connected to the heart communicates love and unconditional acceptance. Giving and receiving will build understanding and confidence.
- Share sounds of contentment and pleasure.
- Kiss with your lips and tongue.
- Hug and hold hands.
- Massage and lightly stroke or caress the skin.
- Keep eye contact.
- Do some small things without being asked to do them.
- Smile ☺

I have found that the connection made through these very simple acts is like making love all day long. They have made profound changes in all my relationships—not just the one with my beloved.

To learn more about Tantra, to find out about sessions, classes and events, or to purchase a copy of my book, Sacred Sex, Sacred Life: 13 Secrets of Tantra, visit [www.secretsoftantra.com](http://www.secretsoftantra.com) or e-mail [janetlee@secretsoftantra.com](mailto:janetlee@secretsoftantra.com)

Please note this is the second article in a 4-part series. The first article is in the fall issue.

Namaste, Janet Lee

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