

## **Tantra: An Introduction**

Tantra is a word that is both enticing and intimidating. People want to know about it, yet are afraid to seek and find out what it is and what it can do for their lives. Tantra is an ancient scientific spiritual practice. I feel Tantra is about living the juiciness or passionate life you want and all it has to offer. It is about feeling and experiencing everything in life to the fullest and when we get thrown off center, how fast can we get back to center or in balance again. Tantra is taking us from the lust to love in our hearts to prayer or connection with the Divine source that created us.

In the ancient Sanskrit language, *Tan* means extending and *tra* means oneself. It means liberating oneself from the instinctual human animal to the human spirit. What do I mean by that? Our brain has two sides - the right (creative) and the left (analytical, logical). It also has the front and the back. The rear or back of our brain is where the reptilian or animal instinctual and reactive part of us lives. We mostly live in this part and its purpose is for our survival. Here we experience fear, scarcity, competition and glee. The frontal lobe or front of the brain is where the spiritual side lives. It is about responding instead of reacting. This is about enhancing and living a fulfilled life. We can operate from a place of choice and consciousness so that we can experience joy, partnership, satisfaction and self-expression.

Instinct is the inborn tendency to behave in a way characteristic of a species. It is the default mode of a response to a stimuli and a primal biological urge impelling a response which brings relief of tension. The strongest instinctual nature of the human animal is the sexual urge. Our dopamine hormone that is released for the sexual urge is so powerful and addicting that we have to hunt for the person who we are the most highly sexually attracted to. We react on impulse and the results can be disastrous. This impulse is great if you want to make babies but not if you are looking for a long term happy relationship. Our DNA has not changed in the last 10,000 years and we still act as if our lives depended on it.

Men and women have become depolarized and out of synch with each other. We don't understand the opposite sex. We are more different than we realize. We think and behave differently. We were designed this way to complement one another, not to become adversaries like we are today. A couple of examples are men are single focused and women have diffused awareness. Men have more spatial awareness and see things in 3-D. Women see things more in 2-D (that is why we have trouble parking our cars). Men say what they mean and are direct. Women speak in inference and tend to imply what they mean. Men are the hunters and women are the gatherers.

Tantra is an approach designed to take us from those primal instincts to the feeling center in our heart for the real connection we long for. Once we connect with our feeling center we are able to release the bonding hormone oxytocin. We start becoming in synch with one another, polarize in our masculine or feminine essence to complement one another,

and win/win situation occurs. Conscious loving touch and lovemaking is the easiest, fastest way to accomplish this. Human spirit is now involved. We open ourselves up to our connection to the Divine and see the Divine in each other.

To learn more about Tantra, 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 email [janetlee@secretsoftantra.com](mailto:janetlee@secretsoftantra.com) or call 780-633-6623.

Namaste

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