

Making love with purposeful consciousness transforms a sexual relationship into a gateway to the divine, and reconnects us to our spiritual origins.

What is Tantra?

Tantra is a spiritual science that works with action, in which every aspect of worldly existence is approached as an act of worship. Enlightenment can be found in all forms of activity, including sexual activity, and the practitioner's aim is to transform the every day into the divine. In Tantra all the senses are harnessed, and the experience of ecstasy is sought as a spiritual tool. Desire is mastered, not through the flight from pleasure, but by total immersion in it.

Tantra offers a radical shortcut to spiritual illumination, holding that it can be attained in a single lifetime by cutting directly through ordinary awareness and conventional thought patterns. The everyday world of illusion coexists with the eternal, and enlightenment is achieved by realizing that each level of reality contains, and interlaces with, the greater transcendent whole.

"Sacred sexuality leads us to realize that we were sacred all along."

What are some things we learn in Tantra?

Tantric couples worship each other as embodiments of the divine male and female principles. They make love as Shakti and Shiva, and use spiritual, psychological, and physical lovemaking techniques to heighten and transform their sexual energy into the bliss of liberation.

Here are some steps that can become your spiritual journey:

Preparing the Body: Your body is your inner temple, your gateway to the divine, and needs to be treated with the love and respect you would bestow on any holy vessel.

Preparing the Mind: Practicing transformational sex requires the cultivation of mind, body, and spirit. In order to appreciate its full sensuality we need clarity of mind and then anchor the experience in the divine.

Preparing the Sacred Space: In order to focus the mind and aid the harmonious flow of spirit during ecstatic lovemaking, you can create and bless your personal sanctuary. This consecrated space will create order and stability; it will anchor you both as you tread the threshold between the known and the unknown, and protect you by keeping out harmful energies. It will itself be a profound act of creation.

Building and Sharing Sexual Energy:

During the act of love, powerful energy circuits are activated. These circuits can also be developed independently, exchanged with your partner in non-sexual ways, and then consciously brought into your lovemaking to good effect.

Awakening the Senses: This encompasses far more than "foreplay." Worshiping the divine nature of your lover is a sensual experience, as you explore each other's body with tantalizing touch, discover erogenous zones, and harmonize your energies with sensual massage. Yoni and lingam worship are sacred and intimate acts that arouse sexual energy and create waves of erotic bliss as the energy moves throughout the body.

Channeling Energy during Lovemaking:

In sacred sex, mental approach is far more important than technique. However, there are ways in which energy can be channeled more effectively. Channeling energy during lovemaking is as much about non-doing as doing. Relaxing and expanding into your love and passion, rather than contracting, allows sexual energy to flow smoothly between you, building up the erotic tension and intimacy.

Dakini Janet Lee Bio

Namaste. I am Janet Lee, Goddess of Transformation. As a Tantric Dakini teacher and counselor, I have helped transform and empowered the lives of others as well as myself. Having the gift of clairsentience helps me design and create sessions, just for you.

For over 23 years, I have worked as an international massage therapist and received my Masters in the Science of Holistic Health. I am an author, facilitator, speaker, and have appeared on television.

Tantra is a way of being. Practicing sacred sexuality has initiated bliss to various parts of my life. Becoming aware and conscious is an on-going journey which I truly cherish. I look forward to starting you on your journey in the sacred garden.

"There is only one temple in the world, and that is the human body. Nothing is holier than this high form. One touches heaven when one touches a human body."

Novalis

Tantra

*"Love, enjoyed by the ignorant,
becomes bondage.
That very same love,
tasted by one with
understanding,
brings liberation.*

*Enjoy all the pleasures of love
fearlessly,
for the sake of liberation."*
Cittavisuddhiprakarana

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Secrets of Tantra

*"In choosing a lover
you are choosing
your destiny."*

Mantak Chia