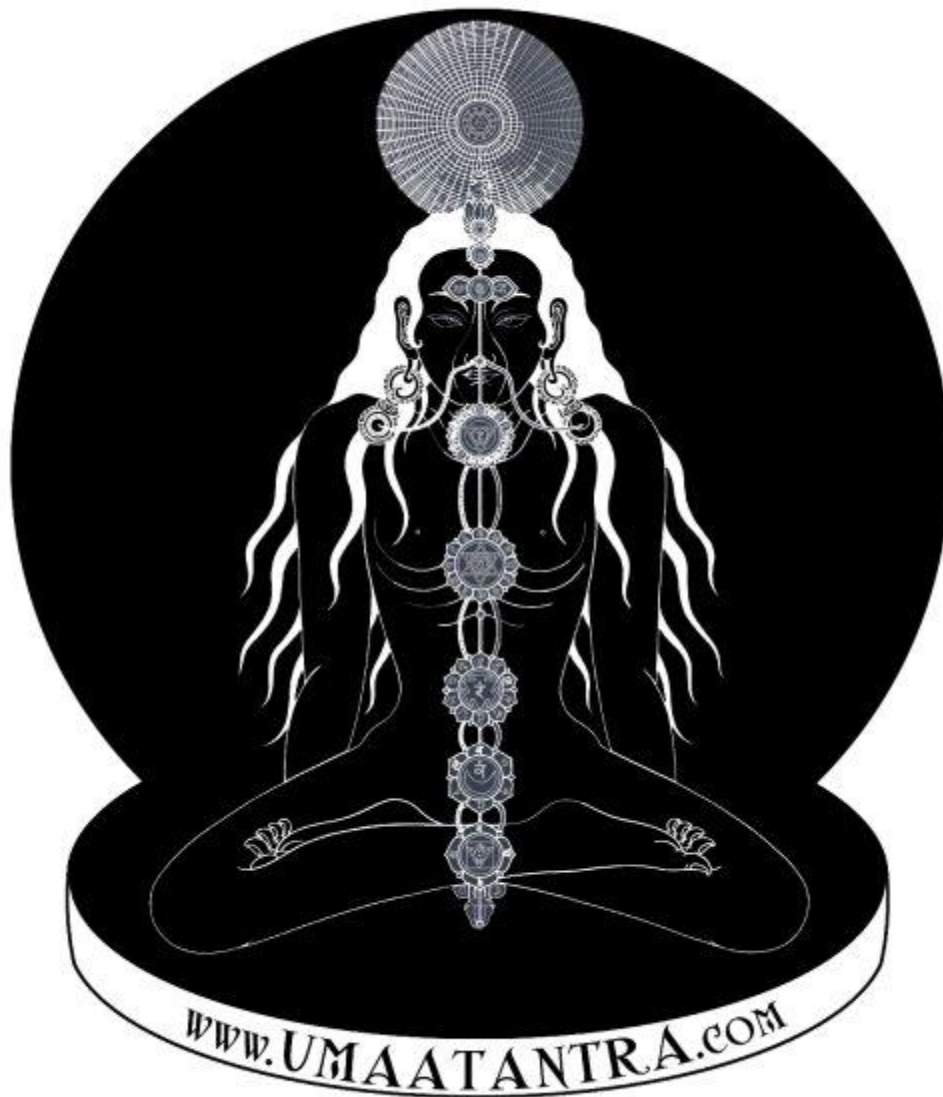


UMAATANTRA ARTICLES

19-02-2011



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All success in any area of life is determined by the strength of your consciousness. A strong consciousness will lead to high levels of success, and a weak consciousness won't. A strong consciousness is one which is focused on the moment and lives in the moment, and is not attached to the future or the past. When it is in the moment, it is free to create in the moment, which is in fact the only point in time which truly exists. A strong consciousness is also highly flexible, light and focused. It becomes easy to expand thoughts and achieve what you want with a strong consciousness.

Strength of the body contributes to strength of the spirit. - Glenn Morris

Pain is the mother of fear. Loss of fear is the doorway to to real knowledge and growth. - Glenn Morris

We are what we repeatedly do. – Aristotle

A righteous man is relaxed, as he fears no evil. - Glenn Morris

"Keep going. Keep playing ! - Glenn Morris (Study on this)

HOW TO PERFORM A BLESSING AND HOW BLESSINGS WORK...

Blessing

If it feels right, I would encourage you to try this for the victims of Katrina and other natural disasters, and for any others who may need it:

The practice of blessing exists in virtually every spiritual and religious tradition. Divinity is channeled through invocation and bodily gesture towards an object, ideal, or person. Most versions of blessing share a great deal in common.

Basically, to perform a blessing, do the following:

- 1) First calm your own mind, slowing and deepening your breathing.
- 2) Then mentally connect to the solid earth beneath you (through the nerves of your feet or, if sitting, your pelvic floor).
- 3) Then become aware of your heart center (two finger widths above the base of your breastbone), perhaps by tapping it several times lovingly with your left hand.
- 4) Then become aware of the crown of your head, and all of the majesty of the Universe above it (at the top of the head).
- 5) Smile to all of these points of your body as if greeting a dear old friend: soles of the feet, pelvic floor, heart center, crown center, palms..
- 6) Then connect to and mentally or verbally invoke divinity, using your own language, conceptions, or traditions, Connecting to that which is Greater than you and all else, but which Encompasses you and all else as well. Secular or religious, anyone can see himself as part of a greater Whole.

Depending on your religious heritage, your name for this greater Whole might be 'the One', or the Universe, or God, or Goddess, the Absolute, the Wuji, the Tao, Christ, Allah, Yaweh, Buddha Nature, Great Spirit, Ma...

7) Ask or intend that you become a suitable channel for the blessing, then as you continue to keep this pure intent, visualize, indicate, or name the objects or recipients of the blessing.

8) Let the blessing flow from the divine through your crown down through your heart center and out through the palms of your hands to the recipients. Visualizing white or gold light above you, flowing into your crown may help.

9) Let the blessing also flow from the earth up to your heart center, and from there out through the palms of your hands toward the recipients (the recipients may be in front of you, or visualized, or named).

10) Keep your awareness rotating slowly among your feet/pelvic floor and crown, and your heart and hands, and the recipients, as the blessing flows...

11) Continue for as long as you feel the flow, and for as long as you can maintain the beneficial intent of being a suitable channel.

Remember that you can not force the flow, as you are only a conduit. Simply ask that the blessing be given, and let it happen. You can always try again later, and you can repeat hourly, daily, etc...

With practice, you will begin to feel the flow of blessing, (or divine grace, or chi, or prana), and you will feel as it begins to trickle down, at which point, think thoughts of gratitude, smile if you like, and move about your business.

Do not be attached to the result. Merely be a conduit for what may be...

Other notes:

During the blessing, you may touch the ring finger of your left hand to your heart center palm facing you, and aim the palm of your right hand towards the recipients. Think of the ring finger further activating the compassion in your own heart.

You may name particular blessings (divine solice, security, healing, protection, compassion, love, sustenance...) as you begin and perform the blessing, if you wish.

This technique works best for those who regularly heal, meditate, or pray, according to their own traditions.

Some religions reserve this technique only for priests. I assure you, it works when used by anyone with compassionate intent and some practice.

You will feel what I mean if you do this daily for one month. It takes only minutes.

Smile, Breath Right and Keep Your Tongue Up!

Tao Semko www.UmaaTantra.comP.S.

You'll become much better at this technique by practicing what you find in [Secrets the Gurus Will Never Show You!](#) an exclusive e-book, available from Smashan Press!

HOW TO GENERATE POSITIVE KARMA USING SIMPLE TANTRA

by Santiago Dobles

How to generate positive karma and compassion through tantra:

- 1) Breathe in slowly for 7 seconds. Exhale for 7 seconds
- 2) Visualize all the lovers you ever had, current lover, family, friends, associates, pets, those in need, anyone you may have a connection to or anyone you have both positive and negative issues with, etc. Or you may write all their names down on a piece of paper.
- 3) Extend your palms facing away from you toward your visualization, or toward the piece of paper containing their names.
- 4) Inhale and visualize pure energy from the Universe, or from a Deity/ aspect of the Divine (Shiva, Shakti, Ganesha, Virgin Mother, Buddha, etc.) above your crown center or head. Absorb that energy through your crown center as you inhale. Allow that energy to fill your entire body and being. Hold your breath and that Pranic energy till you feel like smiling (2 - 4 seconds).
- 5) Exhale for 7 seconds giving all that positive cosmic energy through your heart and hands to those in your mind / on your list.

Repeat this process at least 7 times, or if possible do it for 10 minutes a day. If you have more time, go for it!

After a week or two, you will realize that your life in general will improve and so will the lives of those you are sending positive energy to. This transformation is what Tantra is about.

Later on I will show you how to make these tantras more effective by using Mantra!
Enjoy!

Santiago Dobles

KI BREATHING

"Breathe out so that your breath travels infinitely to the ends of the Universe, breathe in so that your breath reaches your one point and continues infinitely there. Ki breathing is an important way of unifying mind and body.

At night when all is quiet and calm, do this alone, and you will feel that you are the Universe and that the Universe is you. It will lead you to the supreme ecstasy of being one with the Universe. At this moment the life power that is rightfully yours is fully activated."

-- Koichi Tohei Sensei, Aikido Grandmaster after Ueshiba...

Ki is the Japanese word for what the Chinese call "Qi" ("chi"), Hindu yoga calls "Prana," and Judaism calls

"Ruach." Ki is the breath energy of both the individual and of the universe itself...

Try the above breath meditation for yourself for 21 days... you'll be surprised at the results... The same breath meditation exists in Catholic mysticism, Buddhism, Kashmir Shaivism, Sufism, and more...

Next, more sexual energy cultivation secrets...

Smile, breathe right, and keep your tongue up!

Tao Semko of UmaaTantra.com

P.S.

Explore breathing more deeply in Santiago Dobles's [Secrets the Gurus will Never Show You!](#)

THE FEMALE DEER EXERCISE: SIMPLE QI GONG FOR WOMEN'S VITALITY, SEXUAL HEALTH, AND PLEASURE

Simple, quick, and very pleasurable, The Female Deer Exercise is the best known women's exercise from taoist qi gong.

It cultivates sexual energy, improves overall vitality and mental alertness, improves sexual enjoyment, and reduces or eliminates many common women's ailments (see the bottom of this article for a partial list).

The Female Deer Exercise is performed without clothing, once or twice daily, except during menstruation or pregnancy.

This women's sexual qi gong exercise tonifies the female endocrine system, increasing overall vitality, sensuality, centeredness, and turns uncomfortable bottled-up sexual desire into relaxed, enjoyable sensuality.

The Posture:

Sit in siddhasana (on the floor or on a cushion, with one heel against the opening of the vagina, exerting a gentle pressure on the clitoris. The other foot rests next to the shin). Make sure you are not in a drafty or cold area. If the posture is difficult (because of inflexible hips or knee pain), you may also use a small rubber ball between the heel and the vagina to provide this gentle acupressure.

The Female Deer Exercise has two steps::

First, a **pleasurable circular massage of the breasts**, and second, a pelvic exercise called '**holding firm**,' similar to a **kegel exercise**.

a) The Breast Massage:

Remove any clothing or jewelry, and sit in the posture described above. Warm your hands by rubbing them vigorously together. Now place them over the breasts.

Lightly rub in upward and outward circles. The hands travel together up the inside of the breasts toward the

face, then outwards, downwards, inwards, and upwards again. Lightly chafe the skin in circular motions with the nipples at the center of the circle. Do not hold the breasts and move them - skim the surface of the skin.

Enjoy the sensations and connect with the warm pleasurable feelings. This is important to increase the connections between the nerves and endocrine glands in the breasts and the center of the brain and the pineal and pituitary glands in your head. Plus, it sensualizes you, and gives your cognitive mind a short break. For general purposes of vitality, health and increased sensitivity, 36 repetitions are recommended, once or twice a day.

b) "Holding Firm" - the pelvic contraction.

First, rest your hands in your lap. Form your hands into fists by encircling your thumbs in the other fingers. This activates a number of important acupressure points. Next, tighten the muscles of the vagina as though contracting it. Keep breathing in a deep, relaxed manner while holding the contraction as long as you comfortably can. You only need to do this step once after each 36-rotation breast massage.

During the contraction, try to keep the anal sphincter and stomach muscles relaxed while squeezing and lifting only the vaginal muscles. (You can learn to isolate the muscles by feeling them contract against the pads of your fingers. Oh - smile and enjoy the experience while you contract your muscles! Feel the connection between the tingle in the pelvic floor, the tingle in your spine, and the tingle in your brain. enjoy it! If it's hard for you to locate the muscles to contract and lift, just think of the muscles you use to stop urination in mid-stream, and contract!

Effects of the Female Deer Exercise:

The breast massage stage of the deer exercise stimulates the nerves of the nipples and breasts. This in turn increases circulation, releases the hormones oxytocin, DHEA, and more, and increases neural development and blood and lymphatic circulation. It can increase both fullness and buoyancy of the bust by strengthening sensory ligaments and muscles while increasing blood and lymphatic movement in the breasts...

The pelvic exercise tones strengthens the vaginal muscles and the ligaments supporting the ovaries and fallopian tubes, increases fertility, and increases pelvic bloodflow and relaxed sensitivity.

Together, the two phases of the female deer exercise spread sexual pleasure and energy throughout the body, increasing the potential for clitoral, vaginal, and whole-body orgasm. By regulating female hormones and increasing bloodflow, they also help to prevent or cure PMS, irregular menstruation, anemia, sterility, ovarian cysts, vaginal discharge, fibroids, incontinence, and more.

It should be noted that along with increasing sexual health, enjoyment, mental clarity, and overall vitality, the exercise increases fertility, so appropriate precautions should be taken to prevent an unplanned pregnancy!

You can learn more about this version of the Female Deer Exercise in the following books on Qi Gong. The version above appears in **Kenneth S. Cohen's *The Way of Qi Gong* (Forward by Larry Dossey, MD)**.

THE MALE DEER EXERCISE

Simple Qi Gong for Men's Vitality, Sexual Health, and Pleasure,
It ends premature ejaculation and impotence, reduces sexual 'edginess', and promotes male full-body orgasm...

Simple, quick, and very pleasurable, The Male Deer Exercise is the best known men's health exercise from taoist qi gong.

To be effective, it should be performed daily. When properly and regularly enjoyed, results will be seen in anywhere from a week or two in young men to a month or two in seniors.

It cultivates sexual energy, improves overall vitality and mental alertness, improves sexual enjoyment, and reduces or eliminates many common men's ailments (see the bottom of this article for a partial list).

The Male Deer Exercise is performed without clothing, once daily, preferably in the morning.

It is best practiced with an erection, but will provide some benefit even without one. If necessary, one may masturbate to produce the erection, but starting with "morning wood" is all the better. The male deer exercise is best performed with the bladder comfortably empty.

This men's sexual qi gong exercise tonifies the male endocrine system, increasing overall vitality, sensuousness, centeredness, and turns uncomfortable bottled-up sexual desire into relaxed, enjoyable sensuality. It is thought to increase both DHEA and spermine (a polyamine thought to activate RNA polymerase).

The Posture:

Sit comfortably, either crosslegged or on the edge of a chair, with your genitals hanging in free space. Make sure you are *not* in a drafty or cold area.

The Male Deer Exercise has two steps::

First, a **pleasurable circular pelvic (dan tien) massage** performed while cupping the genitals at specific points, and second, a pelvic floor exercise called '**holding firm,**' similar to a **kegel exercise**.

a) The Pelvic Massage:

Remove any clothing or jewelry, and sit in the posture described above. Warm your hands by rubbing them vigorously together. Now cup the right hand around the testicles, holding them gently and warming the scrotum. the thumb of the right hand should rest on top of the base of the penis shaft, right next to the abdomen.

Now place your left palm over the dan' tien (the center of the palm should be covering the point 4 finger widths below your navel). Circle the palm around this point, below the navel but above the base of the penis, 81 times, *gently chafing the skin*. You may find that it creates small knots in the hair of your "happy trail", so you may need to trim these out. But it will be worth it.

Next, switch hands and repeat. The circular massage will be turning in the opposite direction. The direction does not matter, as long as each hand goes a different way, so that both clockwise and counterclockwise are covered.

Enjoy the sensations and connect with the warm pleasurable feelings. Should you start to lose your erection, you may gently stimulate yourself back to hardness, and proceed with the exercise. For general purposes of vitality and health and increased sensitivity, 81 repetitions each direction are recommended.

b) "Holding Firm" - the pelvic contraction.

First, rest your hands in your lap. Form your hands into fists by encircling your thumbs in the other fingers. This activates a number of important acupressure points. Next, while breathing deeply and comfortably in and out, contract and lift the perineum - the muscles between the base of the scrotum and the anus. Keep breathing in a

deep, relaxed manner while holding the contraction as long as you comfortably can, usually about a minute. You only need to do this step once.

During the contraction, try to keep the anal sphincter and stomach muscles relaxed while squeezing and lifting only the perineal muscles. (You can learn to isolate the muscles by feeling them contract against the pads of your fingers. Oh - smile and enjoy the experience while you contract your muscles! Feel the connection between the tingle in the pelvic floor, the tingle in your spine, and the tingle in your brain. enjoy it! If it's hard for you to locate the muscles to contract and lift, just think of the muscles you use to stop urination in mid-stream, and contract!

Effects of the Male Deer Exercise:

The dan tien/ pelvic massage stage of the deer exercise massages an acupuncture point while exercising the tissue around the vas deferens, and the central erector muscle of the penis. This has the effect of de-sensitizing the glans (taking you off of "hair-trigger" mode), while increasing the bloodflow and sensitivity of the rest of the penis and pelvis. The cupping of, and gentle pressure on the testes, increases blood flow and sperm (and spermine) production. This in turn increases blood and lymphatic circulation, releases beneficial hormones including DHEA, and increases neural development. It can increase both fullness and buoyancy of the erection by strengthening suspensory ligaments and muscles while increasing blood and lymphatic movement in the penis...

The pelvic floor lift tones strengthens the muscles of the penis and the ligaments supporting the vas deferens, increases fertility, and also increases pelvic bloodflow and relaxed sensitivity. It also draws energy from the seminal fluid upward to the spine and brain, and manipulates the vagus nerve, increasing the potential for whole-body orgasm

Together, the two phases of the male deer exercise spread sexual pleasure and energy throughout the body, increasing the potential for whole-body orgasm. By regulating male hormones and increasing bloodflow, they also help to prevent or cure impotence and premature ejaculation, to strengthen the erection, to reduce incidence of prostate disease, and give greater sexual control, endurance, and sensitivity.

It should be noted that along with increasing sexual health, enjoyment, mental clarity, and overall vitality, the exercise increases male fertility and virility. Appropriate precautions should always be taken to prevent an unplanned pregnancy, and the possible transmission of venereal disease!

You can learn more about this version of the Male Deer Exercise in the following books on Qi Gong. The version above appears in **Kenneth S. Cohen's *The Way of Qi Gong* (Forward by Larry Dossey, MD)**.

'WHY THE STRANGE SALUTATION?' **3 BIG TANTRIC SECRETS**

Similar questions from two readers:

"my dear TAO SEMKO, it is nice and excellent to find you in my life. i was looking for the same. keep in touch and please tell how to keep my tongue up ? are you talking about NABHO MUDRA? i am an adept student of yoga from lucknow city of india.

--SADGURU DHYANAGYE

"Please explain ' KEEP YOUR TONGUE UP '

-- Rae Pic

Our answers:

Anyone subscribed to these tips knows that they frequently end in the words 'Smile, breathe right, and keep your tongue up!'

Longtime subscribers know why, as do all of our [correspondence course](#) members, and our [seminar](#) attendees.

My traditional email sign-off refers to three yogic meditation secrets, which among those taught at the *very beginning* of all our courses:

- 1) **The inner, or secret smile.**
- 2) **The complete, healthy, or baby's breath**
- 3) **Nabho Mudra and Kechari Mudra, performed with the tongue.**

1) **The Inner/Secret Smile:**

In both Hindu Raja Yoga, Buddhist Tantra, and Taoism, the practice of secretly smiling inwardly during meditation accomplishes three things:

- a) It causes the thymus gland to release beneficial hormones that alleviate the damaging cortisol released by the adrenals during periods of stress, including when kundalini begins to rise.
- b) It allows for the realization of bliss (ananda) and the full opening of both the crown and heart centers in meditation.
- c) Through resonance, it attracts good experiences in meditation and in daily life...

Now, this is *not* a forced "social smile" we're talking about! This is genuine happiness, which can be brought about through recalling good memories, previous experiences in meditation, goals, dreams, or any form of previous compassion, laughter, joy, bliss, even security, or comfort, and then keeping the feeling while releasing the memory or image.

What is fascinating, is that in the Hindu tradition, many 'gurus' keep the knowledge and simple power of the "Secret Smile" from their students to slow down the students' path to realization. This is both selfish, and potentially dangerous for the student! **Without the Inner Smile, any student doing concentration practices (dharana) can over-stimulate his/her**

kidneys, becoming increasingly agitated, narrow-minded, and paranoid, not to mention overly 'sharp' to their friends and family - the opposite of enlightenment!

2) **The Complete Breath:**

The Complete Breath means breathing like a baby does... As you inhale, the pelvic floor opens, then the abdomen, then the rib cage, then the collarbones... all while completely relaxed! Then you exhale from the pelvic floor first. If this seems hard, then you're holding in so much stress and tension that you've "forgotten" how to breathe!

Watch a baby in its crib... Baby's chest barely moves, but its "buddha belly," even its lower back, move with the breath. Among adults, shallow chest breathing correlates to high levels of cortisol in the blood serum, and heart failure, in study after study. It also correlates to lower orgasmic potential in men and women, and to premature ejaculation in men. If you are a shallow chest breather, do something about it!

So breathe right! First for a few minutes, and eventually, all the time! Start by practicing in bed for a few minutes when you first wake up... Gently fill your pelvis, abdomen, chest, shoulders, and release all the way. Repeat! Your whole day will feel better for it. In meditation, this breathing should be maintained until, through steadily developing one-pointed, relaxed mental focus your body naturally suspends breathing in samadhi... without thinking about it... until it needs more oxygen...

3) **Nabho Mudra:**

Nabho Mudra is touching your tongue to the roof of your mouth, either with the tongue tip, or folded back on itself. Anybody can do Nabho mudra. Kechari mudra is a more extreme version, requiring special practice. Depending on the point of contact (the alveolar groove, the hard palate, the soft palate, the epiglottis, the nares, etc...) the tongue connects to various nadis (acupuncture meridians) by touching nerve points. Just by putting your tongue up, you can use Nabho mudra to connect the front and back channels of your body, serving as a switch/ safety device to prevent too much heat from accumulating in the brain during yoga, qigong, and meditation.

Nabho mudra can also be used to passively conduct energy flow to various of the upper centers and marmas (bindu, sahasrara, ajna, sthapani, simanta, etc.). When doing practices that arouse kundalini, it is one of three safety factors that prevent "burn out" in the skull region, while still allowing cooler energy through the crown, the third eye, and all of the associated bindus... The other two safety factors are a fully relaxed jaw release, and a suspended head position (what the taoists call opening the "jade gates," or releasing '**krikatika**' in ayurveda and yoga)

If you want to learn these life-enhancing techniques, and many more, get [Santiago Dobles's 'Secrets the Guru's Will Never Show You...'](#), or subscribe to the [Tantric Inner Circle](#) to learn new secrets each month!

Smile, Breathe Right, and Keep Your Tongue Up!

Tao Semko

'A TRUE MASTER...'

"A true master is a humble guide and adviser. When he points to the moon, he wishes the student to look at the moon, not at him! A master never asks for or expects blind devotion. He or she might be demanding, but he is also demanding of himself, always ready to learn more, to improve. For this reason, the master welcomes a student's healthy skepticism and questions."

--Kenneth S. Cohen, in his [*The Way of Qigong: The Art and Science of Chinese Energy Healing*](#)

ECSTATIC DIFFERENCES IN TANTRA

"The same... also applies to Tantric paintings or statues depicting Shiva and Shakti in intimate embrace. Usually voluptuous Shakti sits astride her beloved's lap, wrapping herself around him like a creeper in what the Tibetan's call the yab-yum (mother-father) position, face turned blissfully upward.

This graphic motif suggests sexual love, which makes sense, since for many people sexual union affords the only experience of unity. When they lose themselves in the arms of their lover, they experience at least a semblance of the ego-transcending consciousness of the Tantric adept.

It is therefore not surprising that so many Neo-Tantrics in the West look upon Tantra as a sexual discipline promising pleasure beyond all expectation, mostly in the form of prolonged or multiple orgasms.

Neo-Tantrics seek to emulate the divine couple but typically forget that the union between Shiva and Shakti is transcendental and therefore also asexual.

The fruit of their union -- and hence also the goal of Tantra Yoga -- is not bodily orgasm, however overwhelming, but perpetual bliss far beyond anything the human nervous system is capable of producing."

-- Eastern scholar and author Georg Feuerstein

I would clarify, as a practitioner, that transcendent bliss is both sexual and asexual, profoundly both full and empty. And I would suggest, too, that "all-permeating" might be a

better description than "transcendent."

After all, if everything is the Absolute, and the Absolute is everything, there is nothing to transcend...

Smile, breathe right, and keep your tongue up! -- Tao Semko of www.UmaaTantra.com

P.S. to learn traditional Tantric techniques and attitudes through a great dvd course, visit [Dinu Roman's Secrets of Tantra](#)

PUTTING THE CART BEFORE THE HORSE

If you want to experience sacred sexuality, first allow yourself to experience the divinity in simpler motions - breathing, licking your lips, brushing your teeth, swallowing, smiling...

And when you can feel the awe of manifestation in the gentlest breeze, see its splendor in your lovers eye, and in it your own reflection; if in your shallowest breath you can feel the vast expanse of infinity which permeates all things, everything becomes tantra.

Smile, Breathe Right, and Keep Your Tongue Up,

Tao Semko
www.UmaaTantra.com

You've got to experience [Dinu Roman's Secrets of Tantra](#). Enough said...

THE THREE USES OF TANTRIC SEXUALITY

There are three primary spiritual uses of tantric sexuality. In all of them, great pleasure is experienced as a side effect!

1. Balancing and healing of the lovers' physical and subtle bodies to heal physical and emotional health issues in this lifetime. This is of particular importance in Taoist alchemical traditions. It also exists in the secret traditions of ayurveda. However, many people today market sexual therapy as tantra. It's not...
2. The awakening and amplification of kundalini energy, with the focus on directing this energy to pierce and conjoin the various subtle plexuses along the body's central core. This is the internal aspect of sexual *maithuna*. Frequently there is both vigorous and more meditative lovemaking involved, using specific body positions and couplings with the lovers' placement of their sensory awareness, to help open the nerves, endocrine glands, and subtle channels of each part of the body in turn. (There are five common tantric positions and many variations, many of which are quite different than the thirty or so positions in the [kama sutra](#)), which are not specifically tantric at all...

3. The merging of the most subtle aspects (the "secret chakras" and vajra nadi) of the two lovers in the various secret versions of the techniques called vajroli and sahajoli, the union of the lovers' consciousness and adoration in the central channel, and the movement of bindu through the lunar channel while in sublime states of bliss. This innermost aspect is included in "higher" tantra, although the external positions are indistinguishable from those in #1 and #2 above... The union described in #3 is really only an option for lovers whose kundalini is already awake, and who have control over their samadhi (one-pointed absorption) in meditation. It can, however, occasionally happen spontaneously during lovemaking between people who have not yet reached these levels of control and awareness...

Smile, breathe right, and keep your tongue up!

Tao Semko for www.UmaaTantra.com

P.S.

To dive deep into the realities of Tantric lovemaking and the left hand path of tantra yoga, you'll want to view Dinu Roman's seminar on [Secrets of Tantra](#), now available from Smashan Press...

P.P.S.

To learn about kundalini and a special method to awaken kundalini rapidly, safely, and permanently in just 45 to 90 days of practice, please feel free to visit KundaliniAwakeningProcess.com

P.S. #3

To learn the fastest way to achieve samadhi in meditation, hatha yoga, or lovemaking, practice what you'll find in [Visual Stepping Stones to the Absolute](#)

LAMA YESHE ON TANTRIC SEXUALITY... (PART ONE)

The following wisdom on tantric sexuality in Tibetan Buddhism is excerpted from the late Lama Yeshe's book, [Introduction to Tantra, The Transformation of Desire](#):

Dakas and Dakinis

"When the completion stage practices have been mastered and we have gained control over our subtle energy winds and so forth, there will come a time when the dakas and dakinis will come. What are the dakas and dakinis? Simply speaking, they are males and females who possess advanced experiences of tantric transformation and control and are therefore able to increase the blissful wisdom of a highly qualified practitioner. There is a certain point in the mastery of the completion stage when physically embracing such a consort is necessary for bringing all the pervading energy winds into the central channel, a prerequisite for opening the heart center completely and experiencing the profoundest level of clear light.

This subject of practice with a consort is open to great misinterpretation, especially by people who have made only superficial contact with buddhist tantra. Many Westerners, for instance, because they have seen Tibetan paintings and statues showing dieties in embrace, have the mistaken notion that Tibetan Buddhism is mainly

concerned with sexual contact between men and women. As was pointed out earlier, what this art is actually representing is the experience of total unity - of method and wisdom, bliss and emptiness - characteristic of the fully enlightened state. But now with the mention of the completion stage practices there is a further opportunity for confusion to arise. Therefore it should be emphasized that until we have gained mastery over our subtle body and have 'embraced' the blissful kundalini energy dormant within, we are not at all qualified to embrace an external consort..."

Next Tantra Tip... Lama Yeshe on: who is qualified for consort practice, and the differences between ordinary sexual contact and tantric embrace....

For every student, there is a teacher. Keep in touch... Smile, breathe right, and keep your tongue up! Your Friend,

Tao Semko of www.UmaaTantra.com

P.S. You can learn and practice authentic tantric yogas in Umaa Tantra's Tantric Inner Circle. You can read more about the Tantric Inner Circle here:

http://www.UmaaTantra.com/tantric_inner_circle.html

LAMA YESHE ON TANTRIC SEXUALITY... (PART TWO)

continued from [Tantra Tips: Lama Yeshe on Tantric Sexuality, Part One...](#), Dakas and Dakinis

The following wisdom concludes this excerpt of Lama Yeshe's [*Introduction to Tantra, Transformation of Desire*](#)

"There are vast differences between tantric embrace and ordinary sexual contact. How different these two are becomes clear when we remember that at the time of the completion stage the practitioner has dissolved the energy winds into his or her central channel, thereby experiencing the same mental and physical absorptions occurring at the time of death. Unless these death-like experiences have been entered into with full consciousness and control, it is a farce to talk about tantric embrace. Moreover, while in ordinary sex it is the man who enters the woman's body, in true tantric embrace, it is the woman's energy that penetrates the man!"

-- Lama Yeshe, Introduction to Buddhist Tantra: A Vision of Totality"

Confused? Stay tuned... I'll include some clarifications on kundalini, the central channel, and sexuality in higher tantra in this weekend's Tantra Tips...

For every student, there is a teacher. Keep in touch!

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko of www.UmaaTantra.com

P.S. You can learn and practice authentic tantric yogas in Umaa Tantra's Tantric Inner Circle. You can read more about the Tantric Inner Circle here:

http://www.UmaaTantra.com/tantric_inner_circle.html

THE IMPORTANCE OF A RELAXED BODY AND MIND IN TANTRA

When the body and mind are tense, awareness is diminished. Your external senses are less perceptive, and you are less able to turn inwards (pratyahara). Tantra seeks to expand ("tanotti") both sensory and internal awareness to achieve liberation ("trayotti").

Try an experiment.

Shake your right arm out - loosen up the muscles. Then take your left index finger and move it gently across the hairs of your relaxed arm, from wrist to shoulder. First do it fast, then do it exquisitely slowly. Close your eyes and repeat it.

Now try the experiment again, this time keeping the muscles of your right arm flexed hard - tense. Try it again with your eyes closed. Notice the difference between your sensation and awareness during tension, and your sensation and awareness during relaxation.

The same thing happens when you try to make love (external senses) or meditate (internal senses) while tense vs. relaxed...

This is why in right hand path tantra (the solo meditative tradition) and left hand path tantra (the tradition that can include the use of sacred sexuality), practitioners are taught how to relax themselves or each other through techniques like marma adi, sarangi, kum nye, hatha yoga, and more. More on those techniques later.

For now, just try to relax before meditating, making love, or even masturbating! You'll be more fully present during the experience, more aware! Once you have relaxation and awareness, try to follow the gross sensations back to their subtlest aspect. Get and give massages, exercise regularly, do hatha yoga or physical qigong. It's much harder to achieve self-realization when your muscles are always preventing your mind from becoming tranquil!

Keep in touch and remember to
"Smile, breathe right, and keep your tongue up!" Your Friend,
Tao Semko of www.UmaaTantra.com

P.S.

You can learn and practice essential relaxation and breathing techniques from Tantra on DVD and audio CD in Practice Session One of Umaa Tantra's Tantric Inner Circle.

Read more and order here: http://smashanpress.com/books_products.html

P.P.S. Do the exercises from this DVD and CD daily, and you'll see a profound change in your health, ability to relax, and ability to focus...

WHAT IS NYASA?

Nyasa is a Sanskrit word which translates as "placing," "applying," or "touching." But it is much more.

Nyasa is the conscious act of touching or placing the fingers or hands on sacred, sensitive, or medicinally active points of the body. In hindu tantric meditations and pujas, the practitioner lays his hands on himself in each of these places, in special sequences.

The meditator infuses each location with a special mantra, visualization, or feeling, which is spoken aloud or mentally conjured.

In the case of nyasa during tantric maithuna (sacred sexuality), the male anoints each part of the female with aromatic oils, ashes, or sandalwood paste, and the touching and mantra infusion both sanctifies each body part, arouses it sensually, and creates empathy, or connection, between the partners.

In modern western terms, nyasa creates mind-body connections by linking together neural networks, merging physical sensation in the body with thoughts and feelings of sanctity, joy, devotion, protection, and warmth. It is the predecessor (by thousands of years) of the practice of "anchoring" thoughts and behaviors in modern Ericksonian hypnotherapy and in NLP (Neuro-Linguistic Programming).

In eastern spiritual terms, nyasa is a consecration, a ritual protection (through invocation and the creation of sacred space *within* the body), sensuality and foreplay (in the case of maithuna), and a physicalized meditation on divinity of the the body itself.

Interestingly, the guided relaxations taught at the end of most yoga classes today, and called "yoga nidra" (yogic sleep), were originally complicated mental nyasa, in which the practitioner would relax on her back and mentally "place" the sound of a mantra in each part of her body, accomplishing relaxation, connection, and sanctification all at once.

In the early 1960s, Swami Satyananda Saraswati of the Bihar School of Yoga decided that the religious overtones of this practice might repel many westerners who might otherwise benefit from yoga. So, by his own admission, he created "yoga nidra" by combining traditional yogic technique with western hypnotic relaxation and the information he read in Herbert Benson's seminal 1960's work "The Relaxation Response."

Before 1960, "yoga nidra" did not exist as you see it in classes today. There was only nyasa and the dream yoga techniques known as "nidra yoga."

To experience a simplified, non-religious western nyasa, try the following:

First, close your eyes visualize a yellow smiley face, just like the ones made popular in the seventies and now seen on email "emoticons." A big, happy smiley face right in your palm, and the size of your palm.

Look at your imagined yellow smiley face until you start to smile.

Now, with your eyes closed, "place" that smiley face in the center of your chest, by touching your palm to your chest, rubbing your palm in gentle circles, and saying the word "happy" a few times out loud.

Then repeat this "placing," this time on your belly, placing the smiley face in your belly by rubbing your belly gently with your palm, visualizing the smiley face laughing out loud, and saying "happy".

Feel the results.

Notice the changes in your body.

Warmth, tingles, circulation, connection, joy?

Now repeat the process, touching any part of your body that needs it - sore joints, achy sinuses, whatever. The more you repeat the practice, the more you can't help smiling - and you'll feel warmth and blood rushing to each area where you "place" the smiley face... Mind-body medicine at it's simplest.

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko of www.UmaaTantra.com

P.S. You can learn and practice authentic tantric visualizations, with or without mantra, in Santiago Dobles's [Secrets the Gurus Will Never Show You](#), available from Smashan Press.

IN GRATITUDE (THANKSGIVING)

On this Day of Thanks, I wish to express my gratitude:

Thank you to all our spiritual teachers, for all of your teachings:

Thank you

Dr. Glenn Morris,

Dinu Roman,

H.H. The 14th Dalai Lama,

H.E. Khempo Yurmed Tinley Rinpoche,
Sifu Francis Fong,
Guru Cliff Stewart
Dr. Robert Svoboda
Dr. David Frawley
Ajarn Surachai Sirisute,
Raven Cohen,
Mantak Chia
Liang Shu-yu
the Dakinis, the Wisdom teachers, and givers of life,
and the many masters who have taught us quiet lessons, great and small.

Thank you to all who have provided us with spiritual and material sustenance, who have given us the opportunity to study, to practice, and to live this life.

Thank you to each of our students, for always striving in your own spiritual efforts, and for always providing us with new occasions to learn.

To our parents, family, and friends, for giving us this life with which to live, prosper, and practice, thank you!

Thank you to all who will read these words, who will practice, and who will strive to achieve an understanding which transcends sectarianism and dogma.

We offer thanks for all of these blessings, back to their profound Origin. Thank you from our hearts!

Happy Thanksgiving!

Tao Semko of www.UmaaTantra.com

P.S.

Some good reads to inspire you: http://www.SmashanPress.com/yoga_tantra_books.html

"SO WHO NEEDS LOWER TANTRA?"..

People often ask me, "If higher tantra is higher, why not just skip lower tantra." A lot of students hear "higher" and think "better". They figure the higher tantras are "more refined" or "more divine." So, why not jump right to the higher tantras, if they deal more directly with the Divine? Let's have a look...

Consider the 99th floor of the Empire State Building... Most would agree that it has a "better view" than the bottom floor. And the 99th floor is definitely "higher" than the bottom floor.

But you can't have the 99th floor without the ground floor. Take away that ground floor, and you've got no building. No structure. No link between the earth and your beautiful view of the sky. No entrance and no elevator up to the 99th floor.

You could think about that 99th floor as a concept, just like the architect did before it was built, but you can't get in an elevator, walk out, and *experience* the view out that 99th floor window. You can only imagine, or fantasize. Without the bottom floor, there is no elevator. There isn't even a building. Without the solid foundation of the bottom floors, the view from the top floors is just an idea. Just a concept. Just a fantasy.

Real Tantra is not about dreaming up concepts or spiritual fantasies. It's about experiencing.

However, if you first use the lower tantras, and succeed in integrating your primordial brain and body with your "thinking" self, then you can begin to experience the fruits of the higher tantras.

Without that biological and subtle foundation from lower tantra, the elaborate visualizations of the higher tantric practices become just mental fantasies -- just mental masturbation.

Kundalini is the "juice" that animates the practices of the higher tantras, and lets you experience both bliss and the exquisite realization of the primordial nature of all things.

There is a much quoted saying in Tantrism:

"Without Sakti (shakti), Siva (shiva) is just a corpse."

Over-eager feminists like to interpret this in mere political terms, and might miss its more secret, internal meaning:

Sakti is Kundalini Sakti, the lower glands and the sacrum. Siva is the pineal gland and the brain center. By re-linking them through "Arousing kundalini" from the tailbone to the brain, Siva (awareness/ consciousness) is re-united with Sakti (animating energy and primordial wisdom). This can take place in any body, female or male. It is a-political. It is universal!

The corpse (corpus collosum?!!) is once again merged with the sacred (Sacrum) and primal. The primal central nervous system is once again fully integrated with the "thinking" (and easily tricked) modern brain...

Through lower tantric practice you re-link (re-ligere) your brain with the rest of the central nervous system and endocrine system, so that you experience meditative states rather than just intellectualize about them. Only with kundalini sakti animating the practice does the

dogma/ method/ technique (shiva) of the higher practice become animated by sacral wisdom and primordial emptiness (Sakti).

"The Subtle Body connects this universe to the subtle ones. No object or doctrine equals in importance the teaching of the Subtle Body - a door opened towards Ultimate Freedom." -
From the Kaula Tantra

When the subconscious, primordial brain, is kept separate from the "rational" "thinking" brain, when the feminine and masculine are kept segregated, we end up with sectarianism, dogma, and violence. This is why real internal practice with authentic techniques is always more important than parroting dry philosophy. Start practicing today!

For every student, there is a teacher. Keep in touch!

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko of www.UmaaTantra.com

P.S.

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http://www.UmaaTantra.com/tantric_inner_circle.html

TANTRA TIPS: SKELETAL AND BONE MARROW SHAKING

As taught in [Secrets the Gurus Will Never Show You](#)
and [Tantric Inner Circle Practice Session One](#)

The exercise depicted is intended for people in good health, and this video is not intended to diagnose, treat, cure, or prevent any disease. We cannot be held responsible for the application or mis-application of the information in this or any UmaaTantra.com video. Take responsibility for your own health, and always consult your licensed physician before beginning any new practice!

Your Questions on Skeletal and Bone Marrow Shaking Answered:

Q: Hello Tao!

I received the "[Guru Secrets](#)" package you sent a few days ago and have been completely immersed in it ever since. I believe that I have finally found the most effective practices available that I have sought for so long! Thank you both for making this available! I just have couple questions regarding some exercises and other things.

Regarding Charana exercise one, Skeletal Shaking. I am confused on how the tailbone should shake up and down. Is it like tucking in your sacrum quickly in and out, almost like a

humping motion? Or do you bounce lightly with your knees focusing on moving your tailbone? I'm confused!

Is it only supposed to take me 15 min to do the entire Charana? It is taking me around 45 min, am I doing something wrong?

Thank you very much for your help!

Andrew

Answers:

Hi Andrew -- Thank you for your kind words about our manual...

Let me answer each question in turn:

Regarding skeletal shaking:

For the complete description and video of Skeletal Shaking, and all of the Charana exercises, get [Practice Session One](#) of the Tantric Inner Circle and the pdf. manual "[Secrets the Gurus will Never Show You.](#)"

Skeletal shaking increases bone density by using eccentric motion to stimulate the bone marrow. In plain english, that means the emphasis is on the downward motion, as the knees bend, and the tailbone moves toward the floor. Skeletal shaking also increases sperm production and overall sexual vitality in both men and women.

The bone density increase from skeletal shaking has been shown to be both rapid and significant in several recent western medical studies performed in mainland China. The increase in bone density is greater than with any other weight bearing exercise, and involves less wear and tear on the joints than high impact exercises like running and aerobics.

One of our students went from 30% bone loss to 0% in just three months, Her MD was astounded, but wrote her experience off to "a statistical anomaly".

Energetically, skeletal increases the element of earth (Prithivii Tattva) in the physical body, allowing you to feel more vital, secure, and grounded.

The whole exercise here involves several arm positions which would take too long to review here. But to clarify the movement of the tailbone for you, Andrew, first place your mind in your tailbone, and try to "feel" from those nerves. Then...

For skeletal shaking, do **not** swing the tailbone forward and backward, which increases fluidity, not solidity (those pelvic tilts or "tucks" are a totally different exercise, used to open up the sacrum).

Instead, the knees joints do not move horizontally as they bend. They stay in the same place.

To get the right feeling and motion, stand and place your toes and knees up against a wall in front of you, and raise and lower your butt a few inches, keeping the knees touching the wall as you bend them. Now bring yourself off the wall and move the same way during the exercise.

Think of your spine like a heavy pile driver, going deep into the earth as you accelerate your tailbone downwards a few inches, stopping suddenly while keeping the body loose and relaxed, so that it feels like your bone marrow keeps traveling downward through the bones for an instant.

Breathe deeply and naturally throughout, and recover upwards with minimal acceleration after each downward drop. The spine stays perpendicular to the ground at all times (no "forward-backward "humping" motion).

The exercise in its complete form appears on [the first Tantric Inner Circle Session DVD](#).

Regarding how long it takes you to do of Charana: Charana, which also appear in the first month's DVD, as well as in Secrets The Gurus Will Never Show You, is a practice that works as both warm-up exercises and purifying actions (kriyas) which use the breath, awareness, movement, and relaxation to move prana (energy/ vital breath) through the body. Charana may be done with a few repetitions to warm the body up and loosen the spine and joints. This takes only 15-20 minutes. Or Charana may be used as a longer, slower practice, as you have experienced, Andrew. I myself have done charana for over 2 hours on occasion. It's a great practice in itself.

Why?

Well, when you perform this simple, powerful group of eight exercises, with all the proper secret attitudes (See Chapter 4 of "Secrets the Gurus will Never Show You") and with full absorption in your actions, performing charana can and will lead to samadhi (one pointedness), ananda (spiritual bliss or ecstasy), and self-realization. We have experienced it, as have may of our students. Charana are the first exercises we teach, and they are terrifically powerful, simple, and safe!

Keep going Andrew, you're on the right track! -- Tao

Keep in touch!

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko of www.UmaaTantra.com

P.S.

Don't have a copy of your own yet? Get it here: [*Secrets the Gurus Will Never Show You*](#) and [*Tantric Inner Circle Practice Session One*](#)

WHAT "LOWER TANTRA" IS...

Lower tantra: Transformative practices which integrate your physical and energetic bodies. These include hatha yoga, "tantric sex," kriya yoga, laya yoga, tibetan trul khor, taoist and buddhist qigong, and more.

Each of those practices includes relaxed controlled breathing, postures, physical sensitivity practices, internal muscle contractions, sexual techniques, mental and emotional attitudes, and awareness of the subtle anatomy (energy centers, channels, and vital breath). They are designed to increase your awareness of your subtle energy body, to teach you to manipulate, balance, and amplify the subtle energy in the body, and to safely "arouse kundalini sakti."

Skeptical? In biological terms, you are learning to rejuvenate and reactivate your endocrine glands and central nervous system, increasing nerve "links" between the brain and the rest of the central nervous system. In the process you gain relaxed control over your "involuntary" bodily systems, and can attain and maintain a relaxed, focused mind.

Lower tantra has special sexual practices ("tantra yoga" and taoist "dual cultivation") done with a lover, and solo practices, including laya yoga, tantric hatha yoga, and tantric kriya yoga.

I must emphasize that the solo practices are necessary whether or not you have a lover. Lovemaking has great inherent emotional, hormonal, and sensual power. It can amplify and accelerate the development the solo practices give you. However, just using the sexual practices without solo practice will leave you incompletely developed and imbalanced.

Without the balance of solo meditation, the great joys of love can easily swing into sadness and feelings of loss. You must realize the nature of happiness is not externally dependant. You cannot do this if you don't have a practice outside of the bedroom.

Lovemaking is a spiritual tool for those with a genuinely loving attitude. If the biggest interplay in your sexual life is about power, or neediness, or vanity, and not about love, play, happiness, and freedom, then sexuality will be your biggest obstacle on the spiritual path.

Sex will increase your ego, increase your emotional and somatic blockages, increase your unhappiness, increase your neurosis... Lovemaking, on the other hand, will open your heart even further. By allowing yourself to dissolve into the experience of lovemaking, you can go beyond the "veil" of reality as you conceive of it.

Remember: Lovemaking! Not Sex! Also remember, it is the attitude that makes it

lovemaking, not the specific acts or techniques you use. Lovemaking can be hard, soft, passionate, or relaxed, wild, or sleepy, just as sex can. The difference is the attitude!

Even your solo practice of yoga or qigong should be done with an attitude of compassion and lovingkindness... for yourself and your surroundings. Otherwise, your practice will only reflect egotistical desire for "spiritual attainment", or dry intellectual interest, or self-deprivation.

Sackcloth, ashes, and suffering does not inherently make you spiritual. Neither does wealth, luxury, and charity.

Real spirituality is the intent, inner emotional attitude, and awareness, behind skillfully performed action.

For every student, there is a teacher.

Keep in touch!

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko of www.UmaaTantra.com

P.S.

You can learn and practice authentic tantric yogas and meditation using Umaa Tantra's Tantric Inner Circle DVD Distance Learning Program. You can read more about the Tantric Inner Circle here:

http://www.UmaaTantra.com/tantric_inner_circle.html

P.S. #2 You can learn **authentic sexual tantra** in Umaa Tantra's "Secrets of Tantra" Seminar DVD's. You can read all about them here:

http://smashanpress.com/tantra_secrets.html.

WHAT IS "HIGHER TANTRA"?

Among the arbitrary distinctions between tantric practices made by tantric scholars are classifications of "Lower" and "Higher" Tantra.

More on Lower Tantra may be found [here](#).

Higher Tantra is made up of the practices which re-link you directly with the divine - the divine within you, the divine within the manifested universe, and finally the ineffable Absolute.

Higher Tantra involves the awareness of, and practice using the "higher" bodies or layers of consciousness: (bliss body, wisdom body, and causal body in Hindu Tantra, or in tibetan

tantra, the bliss body and primordial body).

Some common (and frequently misunderstood) examples are Golden Body visualizations; Yidam practice in Tibetan Tantra; meditations on Sri Yantra in Hinduism; meditations on emptiness in Chan, Zen, and Dzogchen; skygazing; the Mahavidya yogas in Saktiism; meditations on the Sacred Heart in Catholicism; or hridaya in Kasmir Saivism; on the Sepiroth in Cabbalah; and the Mother Tantra in Tibetan Bon.

For every student, there is a teacher.

Keep in touch!

Tao Semko of www.UmaaTantra.com

P.S.

You can safely and rapidly learn authentic tantra, yoga, and qi gong in Umaa Tantra's Tantric Inner Circle Distance Learning Program. Read more about the Tantric Inner Circle here:

http://www.UmaaTantra.com/tantric_inner_circle.html

THE THREE GREAT SECRETS TO TANTRIC SUCCESS (PART ONE)

There are three great secrets to success in tantric practice (tantric practice is called "sadhana"). These three secrets are necessary for all types of tantric sadhana, be the sadhana meditative, physical, sexual, religious, magical, or mundane...

The First Great Secret to Tantric Success is having the right Tools for the Practice, and understanding their use. This requires initiation (introduction or immersion) from someone already proficient in the sadhana... The tools themselves may be techniques or ritual implements.

They in turn fall into three more classifications:

external,
internal,
and secret

External tools for tantra include:

- ritual implements like holy symbols(yantras), objects, and texts
- external physical gestures with the hands or body, including hatha yoga postions and sexual positions,
- sexual techniques, dance movements and choreography,
- ritual fires,
- sacred spaces like temples, caves, or crematory grounds,
- audibly chanted mantra, etc...

External Tantra helps to symbolize what must occur internally... to point the way for the newly initiated. It also provides a framework to pass on from teacher to student, and a safety net for the practitioner.

Internal tools for tantra include:

- visualizations and contemplation techniques,
- internal muscle contractions (or relaxations),
- mantra repeated internally, and so on...

Secret tools for tantra are a little different:

Secret tools for tantra are the:

- extraordinary visions
- inner realizations about the nature of the Self or the Absolute
- supra-normal emotional, mental, or physical "states,"

realized by the meditating practitioner while using the inner and external tools of the sadhana.

These secret levels of awareness are confirmed for the practitioner by a guru ("one who has gone before"). If the experiences of the practitioner are merely delusional, the guru will disprove the initiate's illusions. As a practitioner becomes a master of the secret levels of a tantric practice, the practice itself becomes exponentially more powerful.

This "secret" level to tantra is virtually impossible to communicate to a seeker until she starts to experience it firsthand... It is only then that dialogue about this innermost level of experience has any real value. Describing these states is like describing swimming to someone who has never gotten in the water...

Tomorrow in Tantra Tips: [The Three Great Secrets to Tantric Success \(Part Two\)](#) - Why understanding technique isn't enough for tantric success...

For every student, there is a teacher.

Keep in touch!

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko of www.UmaaTantra.com

P.S.

To "get in the water" and begin practicing authentic tantra, yoga, and qi gong with the right tools, join Umaa Tantra's Tantric Inner Circle.

You can find out more and join here:

http://www.UmaaTantra.com/tantric_inner_circle.html

Tantric Success Story: Esly Caldwell

"I lived in India for 18 months - sometimes sleeping in caves- studying and practicing several kinds of Buddhist meditation and Hindu yoga and looking for the most effective techniques to reach spiritual ecstasy and self-realization. When I returned to the US, I ended up in Miami almost by chance. After one weekend of practicing with Santiago and Tao I relocated to Miami. I knew that I had finally found the spiritual system I had been looking for my whole life. In my travels I found many systems that produce results and lead to profound spiritual states. But all of them were dogmatic and gave teachings from a closed fist, while Umaa Tantra is an open-handed system. These systems were often isolated from one another while Umaa Tantra combines the wisdom of multiple traditions- principally Hindu, Tibetan, and Taoist- into a comprehensive and highly efficient methodology that leads invariably to the development of paranormal faculties and enlightenment. I owe a tremendous debt to Santiago and Tao. Under their guidance over the past year, I have grown tremendously as a person and made great strides in my personal and spiritual development."

Esly Caldwell III

Yoga Instructor, Qi Gong Healer,

Miami, FL

THE THREE GREAT SECRETS TO TANTRIC SUCCESS (PART TWO)

[Our last Tantra Tip](#) covered the first of the three great secrets to tantric success. That first secret again is having initiation in the right tantric tools and the knowledge to use them. (Tools are both the techniques of practice, and any external ritual implements).

The second great secret to tantric success is to have the correct view or internal attitude while practicing. The sanskrit word "mudra" means both "seal," "gesture" and "attitude." For any tantric practice to be successful, the practitioner must have the right internal mudra (the right direction or intent, with the right emotional content), and the right understanding of the purpose of the sadhana.

The tantric view of spirituality is the transformation of that which poisons us into that which grants liberation, freedom and the means to express love and compassion.

"Lower" and "Higher" tantric views are differentiated by the degree to which they approach understanding of the Absolute.

In mundane tantra, the emotional content may be sheer desire, and the view transformation of one material state (say, poverty) to another (say, wealth).

In spiritual tantra, the emotional content is a seemingly contradictory combination of absolute confidence (faith) and doubting observation, along with devotion to the Absolute, ecstasy, and in higher views, great compassion for all sentient beings.

In tantric lovemaking, one lower view is that the act of love should be a transfiguration of the beloved into a chosen representation of the divine. An example of a higher view is achieving the blissful awareness that divine (or primordially enlightened) nature is already present within your human lover, and therefore within you, and therefore within all sentient beings. Lovemaking then becomes an awareness of the primordially enlightened nature of all things...

But, obviously, the higher view is harder to realize than the lower...

Tantric practice without understanding the necessary emotional content, intent, and purpose, will result in failure at the sadhana. This is true of the simplest mantra repetition or the most elaborate ceremony. Tantric Practice without the Second Secret (attitude and view) will yield one of two results: A disappointing one or a dangerous one. When too much will is used, driven by ego and desire for material power, rather than devotion and compassion, terrible outcomes will result for the practitioner and those around her, ranging from illness to violence, to madness or depravity.

If, on the other hand, there is good intention, but no determination, the sadhana will bring limited, but still beneficial fruit.

To learn practical application of the attitudes and views of tantra, get yourself a copy of Santiago Dobles's underground tantric yoga manual "Secrets the Gurus will Never Show You," and read Chapter Four. Then read it again! And then plug *all* the secrets it dumps in your lap into any yogic or tantric practices you are already doing, and watch them grow and become fruitful... almost overnight!

Next Tantra Tip: [The third and final secret to successful tantric sadhana...](#)

For every student, there is a teacher.

Keep in touch!
Smile, breathe right, and keep your tongue up!
Your Friend,
Tao Semko of www.UmaaTantra.com

P.S.

To find out more about tantric attitude, motivation, and view, get yourself a copy of Santiago Dobles's "Secrets the Gurus will Never Show You," here:

http://www.SmashanPress.com/guru_secrets.html

THE THREE GREAT SECRETS TO TANTRIC SUCCESS (PART THREE)

Dear Reader, If you've missed the first two segments of this tantra tip, you can find them [here](#) and [here](#), or read any of our other articles here:

http://www.UmaaTantra.com/yoga_tantra_articles.html

The third and final secret to success in any tantric practice is regular, focused, devoted, dedicated, timely repetition of the practice. It is perhaps the most obvious secret - "practice" is the key word...

So to recap,

- 1) Have the right tools and techniques required for the tantric practice, along with their method of use.**
- 2) Know and maintain the inner emotional attitudes, goals, and viewpoint required by the practice - the underlying wisdom behind the practice.**
- 3) Maintain devoted, dedicated, focused repetition of the practice. These are, after all, called tantric "practices" -- because they take practice to be successful.**

Repetition ingrains the practice and its energy in the consciousness of the practitioner, until the Sadhaka (the practitioner) becomes the Sadhana (the practice). Awareness and emotional content helps the repetition "stick" in your base brain, sensory, and muscle memory, so that the fruits of practice become reflexive. They become a part of your deeper self, rather than the thin surface of the "thinking" mind.

A practitioner who repeats the practice with the wrong tools (secret one) or attitude (secret two) will merely become the product of that faulty practice, ingraining these unhelpful aspects into her deeper core. Development will be shoddy at best. The result is "half-baked bread," if you will.

A person who does not regularly practice, who merely "knows" the details of a tantric

practice (secret one), is merely a scholar, not a tantric.

A practitioner who occasionally manifests the correct attitudes, knows the techniques, but does not practice regularly, will have only limited success, with many steps backwards along the way.

Between technique and inner attitude, inner attitude will usually prevail. With practice, inner attitude and technique together are unstoppable.

An aspirant has the correct technique, but not the attitudes required for the practice, will attain only a minimum of success with practice.

However, if an aspirant has the correct focus and attitude, and merely practices these constantly, even not having a technique, he will meet with reasonable success.

The best results are always achieved by those who are initiated in all three secrets, tools, attitude, and proper repetition, and use all three.

Umaa Tantra's Secrets the Gurus will Never Show You and our Tantric Inner Circle distance learning program teach all three, and how to seamlessly integrate them...

Tools, attitudes, and practice regimens for health, balance, strength, fitness, material security and prosperity, samadhi, ananda (spiritual bliss), self-realization, spiritual sexuality, safe and rapid kundalini arousal, inner power development, and higher realization... in short, the big picture!

Smile, breathe right, and keep your tongue up!
Your Friend, Tao Semko of www.UmaaTantra.com

P.S.

If what you read here interests you, you can read more about the Tantric Inner Circle and "Secrets the Gurus will Never Show You here:

http://www.UmaaTantra.com/tantric_inner_circle.html

THE SIMPLE BREATHING TECHNIQUE THAT WILL RE-SENSUALIZE YOUR WHOLE BODY

This article is not intended for persons under the age of 18.

When we become mentally and emotionally stressed, the sensory neurons in our muscles, genitals, skin, and sense organs literally shut down. Their signal strength is reduced, sometimes by 80% or more. Why? Because all signal is going to the internal organs, especially the heart, kidneys and adrenals, to pump blood, adrenaline, and cortisol into the big

muscle groups so you can "fight" or "flee" (the "fight or flight" response) in response to danger.

This response worked for our hunter-gatherer ancestors facing a hungry tiger or angry water buffalo, and remains helpful in times of physical danger. But since most of your stress today probably comes from work deadlines or family friction, your body's radical change to its "Stress" physiology doesn't help much.

In fact, when stress hormones remain too long in the body, you also get coronary disease, cancer, and more... Not to mention that stress is hell on your sex life....

If your kidneys are stressed and your sense neurons are shut down, you have limited sexual energy, you don't feel as much pleasure, you're tense, and you have less blood flow in the pelvic region... which is bad for men (poor erections) and bad for women (poor blood engorgement and lubrication).

So how do you burn up that stress hormone, relax your body, and enjoy life and sex again? Two ways... the first is to go along with your body's urge for fight or flight (ie physical exercise), so that your body releases endorphins that suppress the further release of stress hormones. This also can release testosterone, which increases sexual arousal in both sexes.

The second way, which allows both men and women to *enjoy* sex more, and have better orgasms, is by re-awakening the sensory nerves in the skin and muscles through special breathing, sensory awareness, and relaxation. Together, these three tell the body, "the danger is over, go back to your normal state."

The fastest way to hit this natural "reset button" is by changing your breathing. Any deep diaphragmic breathing will begin to relax you. Stressed breathing is rapid chest breathing. Slow down the breath and breath with your belly and lower back like a baby, and your half way there.

Breathing pattern 1: Normal "Healthy" Breathing - the baseline.

Sit or stand erect, but relaxed, and start with normal deep yogic breathing: in and out through the nose, tongue gently touching the front of the roof of the mouth. Your abdomen should expand like a water balloon when you turn on the faucet (inhale) and empty like a open water balloon when you exhale.

Try to inhale for at least 6 seconds, pause, and exhale for the same or longer... Notice the skin of your arms, legs, torso, and face to get a awareness of the amount of sensation right now in those nerves.

But if you want to sensualize the body, there's a faster way to do it:

Breathing pattern 2: Stay (or get) Sensual Under Stress:

Here's the trick... begin dropping your tongue on the exhale, and exhaling through the mouth and nose simultaneously. Again raise the tongue to the upper palate and inhale through the nose, then drop the tongue and slightly open the mouth and jaw, and exhale simultaneously through nose and mouth.

Close your eyes and feel the breath on your lips and nose, and feel the nerves in your arms and hands activate as you relax and exhale.... Then on the next exhalation, feel your feet and calves, and so forth... This pattern works great when you've still got work and thinking to do...

Breathing Pattern 3: Turn off the mental chatter and completely sensualize your body.

Anytime you can take a break from over-thinking, or before you're about to sleep, bathe, or make love, simultaneously use the mouth and nose to both inhale, and exhale! Your tongue is still gently up on the inhale, and down on the exhale.

Notice how your body awareness increases - you feel more physical and less mental. The primitive (base or reptilian) brain and spinal cord are activated, and the cognitive centers get to take a much needed break. Your physical neuro-receptors and pleasure centers start to open back up, and your ready to enjoy living in your body again - relaxing, making love, playing sport, etc...

That's enough for now... practice relaxing and sensualizing daily! You can do this simple breathing anywhere and nobody has to know. So how does all of this work, you ask? How can you learn all of your body's secret "programs" for health, fitness, relaxation, pleasure, and more?

Find out in Santiago Dobles's

[Secrets the Gurus will Never Show You](#)

In the next Tantra Tip:

The three secrets to success in tantra (part one)...

For every student, there is a teacher.

Keep in touch!

Smile, breathe right, and keep your tongue up (when it's appropriate)!

Your Friend,

Tao Semko of www.UmaaTantra.com

P.S.

You can learn more about practical tantra, yoga, and qi gong each month by DVD and audio CD in Umaa Tantra's Tantric Inner Circle. You can read more about the Tantric Inner Circle

here:

http://www.UmaaTantra.com/tantric_inner_circle.html

HOW TO BRING YOURSELF TO HIGHER AWARENESS THROUGH SELF- PLEASURE...

This e-letter is not intended for persons under the age of 18.

Whether we're talking about self-massage, or masturbation ("Self-cultivation"), tantrics do things a just a little bit differently...

Tantrics emphasize having awareness of the sensation (relaxation or pleasure), while tracing the awareness of that sensation back to it's most subtle root...

When you massage your muscles and pressure points after a workout, yoga or qi gong practice, or meditation, don't just knead the muscles while staring at the TV or talking to friends. Studies show that just by placing your full attention in the area you're touching, you "tell" your mind to direct more blood flow to the area. That means more oxygen, more removal of lactic acid and other toxins, more nerve control over each muscle fiber, more ability to selectively relax and contract individual muscle fibers, and more microcirculation in the capillaries.

Also, try massaging yourself through a range of body positions, rather than in just one. You want to program your nervous system to be aware, relax, and regenerate throughout your daily range of motion, not just in your "relaxation position." This is a key element in learning the relaxation methods of Tibetan Kum Nye, Chinese Fang Song Gong, and Kashmiri Sarangi relaxation...

When you self-pleasure, do the same... Tantra emphasizes using sensations for arousal, more so than pre-planned or re-played fantasies or images. When you use pornographic images too often, your arousal becomes triggered by the image, and then goes through a "Click-whirr" mechanical response. If you always masturbate in one position (especially hunched over, seated at a computer), you actually restrict blood and endorphin flow in your body. If you want to be a better lover, touch yourself creatively in the same positions you'd like to make love in. Use different fingers, body positions, and direction of motion if you are female. And touch your whole body, not just your genitals... Then try some positions you haven't done before. (There are plenty of free sexual position guides online, and if you want to use some of the actual positions from Chakra Puja, get Dinu Roman's "Secrets of Tantra" DVDs on this site...

Try gently stretching the muscles and nerves of your body into simple hatha yoga positions as you touch yourself . and notice how and where the pleasure increases... Relax and arouse the nerves all over your body until its entire surface is humming with energy while simultaneously swimming in relaxation. If your self-pleasure habits make your muscles and nerves more tense, then you're just increasing your stress level with something that's supposed to be pleasureable...

Now for the tantric aspect... When your body is fully aroused, use softer and softer touches like silk or a feather, with your eyes closed, alternated with fullfilling touches, until you melt into the sensation. Be aware of the sensationnow, not the body, until your consciousness swims within sensation. Keep allowing yourself to become more aroused, then come down a little, then arouse the senses even further. This exercise can be done sexually or merely sensually, alone or with your lover.

Relax and allow yourself to become aware of the subtlest of sensations as they play over your whole body. The air moving against your skin, the sounds and smells around you.. you get the idea. By regularly playing with sensory awareness like this, allowing your mental chatter to dissolve into pure sensory awareness, you will eventually get to the point where form and solidity dissapear, and there is only the sensation of tingling energy, and then, as you continue to dissolve, experiment, and play, only bliss and emptiness...

Smile, breathe slowly, and enjoy...

Your friend,

For every student, there is a teacher.

Keep in touch!

Tao Semko

www.UmaaTantra.com

P.S. In the Next Tantra Tip... The Timple Breathing Technique that will re-sensualize and relax your the body...

P.P.S.

You can learn more about authentic sexual tantra from a real tantric scholar and practitioner in Dinu Roman's "Secrets of Tantra" Seminar DVD's. The DVD's now come with a full table of contents by DVD chapter, and a text and photo supplement showing basic tantric sexual positions of chakra puja and some variations... By this afternoon, the link below will also have the online list of the full chapter lists of all 8 DVD's!

http://www.SmashanPress.com/tantra_secrets.html

TANTRA TIPS: Q+A: PROSPERITY, EJACULATION CONTROL, MORE...

This is e-letter is not intended for persons under the age of 18.

In this email I'll respond to a few more of your emails. The first few are about the "Tantra for Security and Prosperity" Tip I sent out last week... you can read that Tip again and do the meditation by following the archives link at the end of this e-letter.

First, a short one...

Re: Tantra Tips: Tantra for Security and Prosperity

Thank you. Bless you.

Philip M.

Thank you and bless you, Philip!

To make the meditation even more powerful, try dedicating it "for the benefit of all sentient beings" before and after each time you perform the meditation! Tao Semko of www.UmaaTantra.com

Dear Tao,

Thank you for the wonderful meditation on wealth and security. I teach Yoga here in PA part time and work full time in computers. I do postures, pranayama and chakra balancing meditation. Some how I feel that the upper chakras are connected to the lower chakras. i.e. the 1st chakra is connected to the 5th chakra(throat) and the 2nd is connected to the 4th while the 3rd is connected to the 6th chakra. So if a person has problems with the throat it may have to do with blocks in the 1st chakra and nose blockages may be due to stomach issues etc.. Any suggestions on this topic would be appreciated.

I have been trying to find answers for my own blocks in my own life. My life has been flighty with insecurities on primarily wealth coupled with a fair amount of emotional blocks. I did your meditation for 10 mins and felt great. It may be the answer that I am seeking.

With Kind Regards and Thanks.

Atul Thakur

Dear Atul,

You're welcome, and kind regards to you as well. With regards to your question, there are indeed connections and similarities in resonance between the different centers of the body.

However, the "connections" you feel are because of the particular meridians (nadis) that are currently most open in you. Keep working with the awareness you have developed, but also pay attention to the subtle connections between other centers.

Some of the similarities you have noticed have to do with the three "knots" or granthis, which prevent the rise of kundalini through three of the centers, and the three lingams (Svayambhu, Bana, and Itara) at which the meditator may center him/ herself... We cover practical ways to experience these and more in Umaa Tantra's Tantric Inner Circle.

As for the prosperity exercise, it is **very** powerful, and if you do it daily, you should see a great improvement in the way you relate to the world.. and visa versa!

Tao Semko of www.UmaaTantra.com

P.S. For those of you who missed that exercise, there's a link at the end of this email to our our online archives...

I am a 56 years male doing tantric sex Practice for the last 15 years. I don't ejaculate during sexual intercourse. I can withhold my ejaculation for more than 30 minutes .I can withdraw from the sexual intercourse before ejaculation. I seek tantic sex friend who will be interested in practicing tantric sex.

L.R.

Hello L.R. --

I hate to say it, but tantrically speaking, you're missing the point!

From the standpoint of giving your lover a chance to enjoy herself, it's good that you can last longer than the average of 9.5 minutes without ejaculating, so congratulations on that. The problem is, Tantric lovemaking is **not** about "withholding ejaculation!"

You could make love for 4 hours by keeping yourself from ejaculating by closing your eyes and repeating, "Margaret Thatcher naked on a cold day!" like Austin Powers, but that would just make you less aware of your partner, yourself, and your sexual and loving experience.

Don't look for someone with whom you can perform sex with ejaculation control - look for someone with whom you can explore the very nature of reality and sexuality through full awareness in lovemaking! Real ejaculation "mastery" arrives out of full relaxation of the breath and internal smooth muscle tissue during conscious lovemaking. In short, it's not about control at all, but about letting go of internal tension...

L.R. - For the real "Tantric Sex," get Dinu Roman's "[Secrets of Tantra](#)" DVD's. To learn to relax into longer, more enjoyable lovemaking using the biggest secret of Tantric Sex, stay tuned for a big announcement later this week!

Tao Semko of Umaa Tantra

Hi Tao!!!!!!!

Thanks for your thoughtful and inspiring answers and newsletter, I was particularly impressed on your view of craneosacral therapy you know I was studying some time ago physiotherapy and I came across zero balancing, people thought that I was crazy talking about ergonomics and osteopathy (even if my knowledge is very poor) but I know there was a more holistic point of view, disappointed I turned to martial art and found some interesting concepts on taichi and on the view of Master Wang Hsiang Chai founder of yi chuan; he was way ahead of his time when he talked about testing and issuing force, I believe too that this knowledge belongs to the human race in general and in a community of scholar martial artists not nhb fighters. I'm glad that I found people like you.

THX

Ricardo P.

Hi Ricardo!

We're glad you found us too! The third month of the Tantric Inner Circle takes our members in-depth into some of the secret principles and practices behind "Chi" ("prana") and body alignment in the internal martial arts of China, India, and Indonesia... it truly is amazing how just a few secret principles can change your health, well-being, and connection to the "Big Picture."

Tao Semko of Umaa Tantra

Hello Umaa Tantra!

I am considering signing up for membership but just had one question. I can't really afford the gold membership right now so am I able to change my membership status, (ex. from bronze to gold) at any period? Thanks!

Andrew

Vancouver, BC

Hello Andrew!

Yes, you may sign up for one level and later upgrade to another.

The link to sign up is here:

http://www.UmaaTantra.com/tantric_inner_circle.html

And the link for upgrades is here:

<http://www.UmaaTantra.com/upgrade.html>

Smile, Breathe Right, and Keep Your Tongue Up!

Tao Semko of www.UmaaTantra.com

P.S.

If you're looking for answers about real tantric sex, look right here for tantric scholar and practitioner Dinu Roman's answers:

http://www.SmashanPress.com/tantra_secrets.html

P.P.S.

For archives of this free newsletter, and last week's "Tantra Tips: Tantra for Security and Prosperity," take a gander at our articles section:

http://www.UmaaTantra.com/yoga_tantra_articles.html

TANTRA TIPS: TANTRA FOR SECURITY AND PROSPERITY

Have you ever wondered why so many self-proclaimed "yoga practitioners," "meditators," and "new-age tantrics" are unappealingly unhealthy and spaced-out? Or why these people who live a supposedly healthy, "spiritual" lifestyle, often feel insecure and seem disconnected from their family and fellow human beings? Sometimes they're unable able to hold down a job, maintain real relationships, much less create a prosperous life for themselves and their loved ones...

You won't see that disconnection among Umaa Tantra's students... Not after they've been with us for a few weeks, anyway...

Why, you ask? Because in the Tantric Inner Circle and in our own yoga studios, we immediately teach our students techniques that connect them to their own sources of security, vitality, and prosperity. Real tantrics don't see a contradiction between successful physical life and a successful spiritual life.

On a physiological level, most of the fragmented, incomplete spiritual yogas taught in the west exclusively direct blood flow and nerve and endocrine activity upwards in the body - to centers like the thymus, pineal gland, amygdala, and hypothalamus. The incomplete yogas ignore the lower endocrine glands - the gonads, kidneys, digestive glands, and more. These former centers are all responsible for the mental and emotional experience of spiritual or religious states, but the latter keep your body and mind functional and happy on a day-to-day level.

Spend too much time on the upper centers, without taking care of the lower half of the body, and you end up spaced-out, sedated, unvital, and in debt. It is the lower glands which keep you vital, functional, and enjoying eating well, living well, and staying prosperous.

The lower centers are the foundation of your body. While it is a blessing to live in the penthouse of the building (the upper centers), if the foundation (the lower centers) rots, the whole building falls and that penthouse isn't worth a penny.

Even "new-age tantrics" don't balance the two, because they emphasize the gonads, heart, and throat over the tailbone, digestive glands, and brain centers...

An aphorism found in spiritual traditions the world over is "as above, so below..."

The saying has several levels of meaning. Here I'm talking about the need balance both "Earth" and "Heaven." The lower or earth connection is Energy/Wisdom/ Vitality (Shakti/ Yin) and the upper connection is Observation/Knowledge/Awareness (Shiva/ Yang). Both Earth and Heaven (lower and upper) are equal parts of Manifestation. Both are equal parts of the Universal or Divine Principle. Why connect to just half when you can experience the whole?

The following is one of the secret techniques that real tantrics use to give themselves both vitality and consciousness - both Prosperity and Realization... It's very powerful, so try the exercise fully and experience it for yourself...

Now, I want you to try this RIGHT NOW for 10 Full Minutes - You'll want to take a break from whatever else you're doing, because I guarantee you will feel more happy, efficient, and brimming with energy when you finish. Once you're aware of your amazement at the difference the exercise makes, check out Umaa Tantra's Tantric Inner Circle to learn even more powerful methods of gaining spiritual development while prospering and becoming more connected with the people around you....

So let's get you connected...
alternate reading a paragraph of the exercise below with practicing it...

Stand up with your knees slightly bent and your tailbone tucked slightly between your legs. Your lower spine becomes a straight, relaxed, vertical line.

Tuck your chin back with the crown of your head high and flat. The upper spine is straight but relaxed. Become aware of your feet, tailbone, and crown of your head. Feel the nerves in each place. Wiggle your feet against the ground. Tap your tailbone gently a few times. Lightly touch your crown for a moment. Relax and breathe.

Close your eyes and visualize roots extending deep into the Earth from your feet and tailbone, making yourself deeply connected to the Earth..

Send those roots deep into the ground. Think of something real that makes you smile warmly, with love, and let that warm, loving, smiling feeling permeate your whole body as you breathe a few deep diaphragmatic breaths, as if your body were a hollow vessel for your breath and the smiling, warm feeling.

Then begin gently, deeply, slowly inhaling up through your "roots", up from deep within the Earth, up through those roots, into your feet, legs, pelvis, torso, arms and head, all the way up to the crown of your head, then pause, and then exhale in a long, slow, relaxed release of tension, smiling down through your body, down into the roots, down into the Earth.

Repeat it slowly, deeply, smiling for at least 27 long breaths, releasing more tension each time you exhale, smiling with gratitude into the Earth. Then begin again, visualize the roots, feel the connection of the nerves in your feet, legs, and tailbone to the Earth beneath you.

Stay present, centered, and relaxed as you breathe, always aware of the sensations of nerves in your tailbone and feet! Wiggle your feet and toes at anytime to activate the nerves as you breathe. Use a hand to gently tap your tailbone now and then to open up your awareness there!

Smile down through your body again, and smile down into the Earth. Inhale up feelings of security, solidity, vitality, foundation, connectedness, up from deep within the Earth, up through your roots, and up through your legs, pelvis, torso, body, arms and head. Then gently, slowly, exhale that smiling, grateful, secure, supported, loving feeling up through your crown, exhaling to the heavens / universe with gratitude.

Keep breathing deeply and gently while you connect to your own awareness of the Absolute, the Universal, the Divine -- from your own tradition or belief system! Connect to a feeling of awe, of splendour, of love and compassion, and inhale it down through the crown of your head, down through your body, being aware still of the smiling, loving warmth, and the awe and splendour of the connection through the crown. Inhale down through your body, down through your legs and feet, exhaling deeply through your roots, exhaling that feeling deep into the Earth with gratitude.

Repeat the upwards and downwards breath with smiling warmth, love, supportedness, connection, awe, and gratitude to the earth and the heavens. Breathe deeply, long, and gentle with your diaphragms, filled with emotional content and aware of the sensory connection through your feet, tailbone, and crown. Use physical feeling and awareness.

Use visualization. With your eyes closed, move your eyes up and down with the breath to help you move your awareness. Use the sound of your breath if you are an aural person, and hear the sound moving through those connections... Use your sensory awareness strengths to improve your sensory awareness weaknesses...

Repeat this breathing from Earth to Heaven and back from Heaven to Earth for another 27 breaths, or 5 minutes... Stop and breathe normally if you get lightheaded or feel discomfort. Constantly relax and remain aware. Do not force the breath. Relax and feel!

Now... if you have issues with security, add in the following: Feel the solidity of the Earth beneath you, and feel the essence of that unconditional support. The earth is always there beneath you, supporting you. You never have to search to find that feeling of support. Feel the ground beneath you. Or lie down on the ground and feel it! Pushing upwards against gravity, holding you up, unconditionally, lovingly, supportingly...

If you have issues with wealth, then picture all the beautiful veins of gold ore within the Earth beneath you. Realize that their sparkling beauty supports you as well.

Connect to that gold supporting you and breathe little champagne bubbles of gold up through your roots, up through your body... and exhale them out to the universe above you, smiling with happiness and gratitude. Then do the same with little sparkling gold coins. See them rain gently back down to you and everyone around you. Repeat this for 27 breaths.

As you breathe, feel this golden breath ebb and flow, without judgement, just as you watch the waves and tides ebb and flow on a quiet day at the beach. Notice how there is always more within your roots as you breathe in, and there is always more coming back from the Universe after you breathe out. Wealth, health, and well being - material, emotional, and spiritual, is always there for anyone who knows how to move with the natural flow...

Now, feel yourself. Relaxed... Connected...Supported... Loved... Grounded... Connected Materially and Spiritually... Released from your fears and insecurities and ready to follow your desires...

Keep practicing this daily...
It will help you at every level in your life...
And remember, keep in touch!
For every student, there is a teacher.
Smile, breathe right, and keep your tongue up!

Your Friend,
Tao Semko from www.UmaaTantra.com

P.S.
For more practical, supportive exercises like this one, join the Tantric Inner Circle. You can read more about the Tantric Inner Circle here:

http://www.UmaaTantra.com/tantric_inner_circle.html

"WHAT ABOUT TANTRA?" (A CLASSIC TANTRA TIP...)

Saturday, October 09, 2004

Warning: Contains Sexual Content not appropriate for anyone under the age of 18.

Dear Friend,

Today's Tantra Tips is devoted to answering some of your emails:

Questions, Comments, and Practical Success Stories

Practical Success Story: Umaa Tantra's Tantric Inner Circle Programs

Marcos Macau writes:

"Before enrolling in Umaa Tantra's learning programs, my energy/focus level would go up and down uncontrollably. Sticking to a daily health program was a real chore since I had little confidence in what I was doing. I knew I could find something more complete. I was looking for methods and information that I could utilize on my own to increase my level of confidence and control I had over all aspects of my life; from strength, flexibility, socializing, meditating etc. For at least two years now I've been experimenting with different methods.

Since I've tried out other types of yoga classes I can say with confidence that nothing can compare to the onslaught of healthful information covering so many vital areas I've received from Santiago and Tao's course. From fitness and sexual health on many levels to priceless secrets of meditation, and so much more! Every day I literally learn at least 3 subtle yet powerful techniques to apply in my daily practice. To summarize, the techniques I've learned are simple, gentle, yet with diligent practice over time become extremely powerful.

My only real concern before enrolling with Umaa Tantra was the credibility and attitude of the instructors. In my journey I've had my run ins with quacks. I quickly came to realize that Santiago and Tao were for real and extremely kind and helpful in answering the many questions I had.

There are so many benefits to what I've learned from Umaa Tantra's curriculum. To name but a few, my flexibility/strength have improved tremendously, my days are full of love, my smile is radiant, my social interactions are so much more positive, I am much more poised, my vision of my goals in life gets much clearer everyday, as well as my physical vision, and meditation has become a blissful experience. But most importantly, Umaa Tantra has provided me with all the necessary tools so that I may practice on my own and personally take my level of health to levels unimaginable. There is nothing more powerful than experiencing the fruits of one's own actions and for that I thank my teachers wholeheartedly.

The methods I've learned have made it possible for me to raise my actual self closer to my ideal vision of myself and I don't plan on stopping when I get there! Where before I had only glimpses of how clear and wonderful things could be, I have now learned how to systematically raise the level of how I experience ALL facets of life. The most important variables related to health in all its dimensions are explored in depth, providing the dedicated student with the foundation for attaining optimal health and spiritual development. I never knew meditation could be so electrifying and blissful! I must repeat, my favorite benefit to what I've learned from Umaa Tantra is the powerful feeling of knowing how to control the way I feel and experience daily life by fine tuning myself to the core. The buoyancy, clarity, and rootedness I derive from my daily practice is superior to anything else I have tried."

Marcos Macau,

high school teacher, personal trainer/yoga instructor,

Doral, Florida

Tao's reply:

Marcos is a shining example of how powerful the methods in the Tantric Inner Circle really are... go sign yourself up today!

http://www.UmaaTantra.com/tantric_inner_circle.html

Question: What's different about tantric sex?

-BA

Tao's Reply:

BA, Tantrics say this: Sex brought you life, so it can bring you samadhi...

But sex, like anything powerful, can divide people as often as give them experience of Oneness.

So how does a tantric approach sex?

Imagine for a moment completely dissolving your sexual pre-conceptions, attachments, and emotions in the act of making love, so you could only feel the sensations of that moment. Imagine focusing on feeling attraction flowing between you. Imagine feeling everything like liquid plasma, and feeling sex and love as one union of two people, instead of two people trying independently for some unreachable pleasure.

In bed, people regularly reduce their lover to the instrument of their pleasure, (or, on the flipside, the object of their aggravation and sexual disappointment).

In tantric sex, instead of focusing on the division between you, you focus on the two of you as one awareness, of pleasure, of sensation, of consciousness. Do this by making love out of sensory exploration. Fall out of sexual habits of position, motion, and breath... habits won't give you what you want... dissolving yourself will.

If you need to, slow down your breathing, motion, and thoughts to the point where everything feels dreamlike. You will feel more pleasure as your nerve endings open up. Do this without

affectation or expectation. Be aware, as if you were an infant experiencing the sensations of world for the first time.

Feel and amplify your attraction to your partner, and then give it back! Don't covet your lover, instead become aware that you already have everything you need within you, that fulfillment is emerging within you not without, that play will bring you more than objectification.

Be aware of the sensations and presence of your lover, receive, amplify, and subtly offer back the same feelings, be they touch, sensation, or emotion! Transform your intent into greater subtlety, sensation and awareness of yourself and your lover.

This attitude, and not any one technique, is the start of real tantra yoga. Bring your awareness to each thing about your lover that you admire and desire, amplify the sensation, and then give the amplified feeling back

Even if you are single, you will regularly explore this attitude in your daydreams and find it makes a big difference later in the bedroom...

Do it, and, in the words of the German metal-head in the movie "Clerks," you will "have good moshpitting!"

Tantric moshpitting, of course.

-Tao

That's all for now. If you have questions on technique, or attitude in meditation, practice, or lovemaking, drop a line now...

For every student, there is a teacher. Keep in touch!

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko of www.UmaaTantra.com

THE REAL KAMA SUTRA IS NOT TANTRA...

This e-letter is not intended for persons under the age of 18.

Dear Friend,

Tantra and the **Kama Sutra** are often lumped together by sex writers today. But as you'll find out below, the two, very worthy subjects are only distantly related!

Modern sexual marketing has ensured that the first things most people envision when they hear "Kama Sutra" are images of statues with entwined limbs and bodies in exotic sexual positions. These images are the frequently re-printed photographs of explicitly sensual statues in the Dakini temples of Southern India. These are tantric temples - but the only relationship between the pictures and the Kama Sutra is the 30 or so love positions mentioned in that Text...

Many illustrated books and websites about the Kama Sutra contain only these few chapters - the ones on sexual positions, methods of embrace, kissing, scratching, biting, touching...

But only getting these excerpts is to limit yourself as a sensualist. The Kama Sutra is much more. But it's not, strictly speaking, tantric...

Any good lover can tell you that arousal and captivation are more than just sexual techniques, that knowing 30 sexual positions isn't enough to keep a lover thinking about your naked body, even years later... Understanding the mind and senses of your lover fosters an eroticism far more ecstatic and profound than just learning techniques... Tantra takes that one step further and couples spiritual ecstasy with this sensual and sexual bliss. This step is what's missing from the Kama Sutra...

"Kama Sutra" is frequently mistranslated as "the arts of love," but really, Kama means "love, pleasure, and the life of the senses" and a Sutra is a group of aphorisms - short, pithy sayings.

The Kama Sutra was written by Mallanaga of the clan or sept called Vatsyayana. Mallanaga was a holy man, a seer, and a sage, and in all of the spiritual senses of the word, a tantric. He worshipped the Divine as both feminine and masculine, and lived primarily a religious life.

He wrote the Kama Sutra for the ruling class, which at that time in India's history was the Kshatriya, or Warrior caste. Based on mentions of 1st Century historical figures in the Kama Sutra, and on mentions of the Kama Sutra in early 5th Century works, we know that Mallanaga Vatsyayana wrote the Sutra sometime between the 1st and 4th Centuries A.D.

In writing his treatise, Mallanaga Vatsyayana wrote:

"...an intelligent person, attending to Dharma (the spiritual life and obligations) and Artha (worldly welfare and the obligations of society), and attending to Kama also, without becoming the slave of his passions, obtains success in everything he may undertake"

Kama Sutra begins with a salutation to the Divine balance of these three principles, Dharma, Artha, and Kama.

There are no tantric sexual or spiritual practices (puja) in the Kama Sutra. There are, however, a few examples of simple magical tantra - the making of charms, potions, and amulets - in the final chapters titled "On Attracting Others".

In fact, most of the spiritual and sexual Tantras (tantric teachings) were only oral tradition in Vatsyayana's time. It wasn't until several centuries later that the Tantras were turned into scripture (The tantras were written down beginning in the 5th century, and continuing through the 19th century...)

To someone who has bought "Tantra for Dummies," or any similar books written by a marketing-savvy western sexologists with no Tantric background, the lack of "tantric" material in the Kama Sutra may be quite a surprise. Vatsyayana, like his peers, kept the tantric secrets secret - as oral tradition.

So don't look to Kama Sutra to spiritualize your lovemaking, but do look to it to understand sensuality and human nature.

Look to the Kama Sutra for exactly the purpose for which it was written: As a manual for satisfying, balancing and enjoying the realm of the senses.

The Kama Sutra is simultaneously a manual of matchmaking, flirting, sensuality in life and in sex, romantic love, human nature, attracting a man, turning on a woman, how to seduce a man, how to captivate a woman, how to get a man or woman to marry you, arranged marriages, affairs, gold-digging, the economics of love, affairs with courtesans, keeping the affections of a lover or spouse, love potions, charms, and everything in between...

Mallanaga was brilliant in his insight that sexuality...

Advertisement:

Learn Real Tantric Love and Sex from Real Tantrics on DVD Today! Stop searching for answers in bad book after book written by creepy hypnotists, spaced-out hippies and New-Age sex therapists. Get Real Tantra Today for 1/3rd off the cover price!

http://www.UmaaTantra.com/Tantra_secrets.html

begins before the bedroom, in the realm of the senses and in the imagination. He expresses that attitude, bearing, and mystery are as important in love as technique. That simply knowing positions and techniques doesn't captivate a lover. You must first capture their sensual experience through suggestive conversation, smell, and brief touches...

This understanding of the importance of mental and emotional attitude, and of bodily focus, is distinctive of a tantric. But it is applied only in its worldly form in the Kama Sutra.

In his own spiritual pursuits, Vatsyayana applied the same understanding to the pursuit of Realization and Liberation. He was an acknowledged spiritual master of his time. It also seems quite certain from his knowledge of women and their pleasures that his spirituality was sensual, and not celibate.

So why did Mallanaga Vatsyayana *not* include tantric sexual practices in his most famous work?

Because he knew that sexuality is only an appropriate spiritual tool for some. He wrote the Kama Sutra for the ruling class - so they could balance and enjoy their sensual appetites with their social and spiritual obligations as rulers. Not to pass on secrets he knew would be lost on many of these students.

So feel free read the real Kama Sutra, exploring the power of your sensuality, just as you explore your worldly and spiritual life. And if you want something deeper, if you feel drawn to Divine expression within everything - including your sensuality - you won't find it in "Tantra for Dummies." You'll find it by learning from real Tantrics!

For every student, there is a teacher.

Keep in touch, smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko

www.UmaaTantra.com

P.S. #1

Learn real tantra from real tantrics! To learn the powerful, beautiful reality of Tantric Sexuality, go get the "Secrets of Tantra" DVD's right now... SALE: 1/3rd off the cover price for a limited time only! Go here now...

http://www.SmashanPress.com/tantra_secrets.html

P.S. #2

To become a real tantric, mastering your own mind, rejuvenating your physical and sexual health, and using your emotions to attain real bliss, become a Gold member of the Tantric Inner Circle. You can sign up here:

http://www.UmaaTantra.com/tantric_inner_circle.html

Don't delay, sign up NOW!

ROMANIAN YOGIS, SEXUAL TRAUMA, TANTRA AND THE MARTIAL ARTS

This e-letter is not intended for persons under the age of 18.

Dear Friend,

More questions, comments, and testimonials from Tantra Tips readers...

Hi Tao! In one of your responses in the last email, you mentioned Cranio-sacral therapy as a way to assist in releasing emotional energy blockages. Few people know that craniosacral therapy has its roots in cranial osteopathy. It was developed early in the twentieth century by an osteopathic physician named Dr Sutherland. Even today, ALL osteopathic physicians (DOs) receive training in cranial osteopathy during medical school. Unfortunately, however, most osteopathic physicians of today take a more western approach to medicine and they quickly lose touch with their holistic roots. There are still approximately 5-10% of DOs who continue to receive specialized training in the classical osteopathic principles and practices. We (in SoFla) are lucky to have a DO who is considered to be one of the finest practitioners of cranial osteopathy in the world. Dr Hasbrouck is approximately 85 years old and trained in a time when Dr Sutherland was still revealing his amazing discoveries to a select few. Dr Hasbrouck has a very balanced perspective that is founded in both modern science and pure intuition. He still sees patients approx 20 hrs/week in Davie, FL., (954) 262-4316.

Peace and blessings,

Patrick

Thank you Patrick - I'll pass it on. For those who might have missed that Q and A, Lisa wrote in asking how she could remove physical tension and emotional blockages from sexual trauma.

Yoga, Qi Gong, and Tantric meditative and sexual practice all will help to remove somatic tension from sexual, physical, and emotional stress and trauma, but Cranio Sacral Therapy works faster!

Santiago and I are both martial artists, and we've both sustained blunt trauma, which Cranio-Sacral released quickly and painlessly, along with childhood muscle-memory and more... It's a very practical, scientifically-based therapy. It works for physical, sexual, and emotional tension and trauma, and it's non-invasive and painless. It's phenomenal for workday stress too!

For our many subscribers outside of the Sunshine State and outside of the USA, you can find more on Cranio-Sacral therapy/ Somatoemotional Release and locate practitioners here:

<http://www.iahe.com/html/therapies/cst.js>

Namastay! I am writing because I am under the impression that you are teaching yoga in the same tradition as that of the great Romanian yogis. I lived in India in 99/00 and studied extensively with Swami Vivekananda (narcis tarcau) and am very interested to continue studying this level of yoga.

I am considering joining your inner circle and am wondering if there will be a lot of crossover of the teachings. I wish I were in florida so I could come in and see you, but I live in DC.

Any further information you could give me would be most appreciated.

Cheers and have a great day

Sioux Barry

Hi Sioux!

Much of our early training in the Hindu Tantric Yogas was under the great Romanian tantric scholar and yogi Dinu Roman. Dinu, like his contemporary Narcis Tarcau (Swami Vivekananda Saraswati), was part of the yoga and meditation movement persecuted, jailed, and tortured by Ceaucescu's Secret Police under Communist rule in Romania.

We are not affiliated with MISA, the organization under which Dinu and Narcis both originally trained, but Santiago and I are proud to have learned under Dinu. Esly Caldwell, one of our Level One Instructors, also trained with Narcis in Rishikesh in 2001-2.

We'll be bringing Dinu in to teach an advanced Tantra Seminar in Spring 2005. In the meantime, his "Secrets of Tantra" Seminar DVD's have just gone on sale for a limited time at 1/3rd off the list price! It's essential that you get the "Secrets of Tantra" DVD's, practice the materials, and "make them your own," so that you can attend the Spring Seminar with Dinu. You can find the DVD's here:

http://smashanpress.com/tantra_secrets.html

***** Hi man!

Well i have been doing a lot of reading, your site is particularly intersting and have some great links too, well iv been searching for the "mother" of all promo your site offer but i didnt found it :(. I practice myself a bit of yoga and read some stuff on martial arts but and im curious to know where lye the connection between the too, since i know you do not see any contradiction.

ok thanks for all.

Ric P.

Ric - here it is, the Mother of Tantra offer - deep discounts on all our products in one big bundle:

<http://www.UmaaTantra.com/mother.html>

As for the relationship between martial arts and yoga/ tantra , here's an excerpt of a great article Santiago recently put together:

Pencak Silat and Tantric Arts:

Pencak Silat can be found almost all over South-East Asia. Its roots can be traced back to Ancient India, Tibet, China, Siam, and Persia. It has been influenced by Hindu, Buddhist, and Muslim culture. There is archaeological evidence of the Indian Vedic and Buddhist empires that once ruled over South-East Asia thousands of years ago, each promoting its culture, martial arts, and spiritual philosophy.

There still exist many similarities between Pencak Silat and the ancient Tantric arts (Hatha Yoga, Vayam, Kalaripayyat, Vajrayana Tantra, Ayurveda, Tsal Lung Trul Khor, Dance of Nataraja). Either practitioner, the Tantric or the Silat player, will find similarities in their movements, mental states, shamanic rituals, language, and philosophies. Below is a basic explanation and use of the 5 elements in Tantra Yoga. You will notice that some of it can apply and is similar to the warrior's way of cultivation found in Pencak Silat...

(for the rest of the article, see Santiago's website, <http://www.DoblesInstitute.com> and click the "Silat" tab... the article is at the bottom of the page)

Next Tantra Tip: The Real Kama Sutra (more sex than in this tip, I promise!)

For every student, there is a teacher. Keep in touch, and until then, smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko from www.UmaaTantra.com

WHAT'S MISSING FROM "MODERN" TANTRA? PART ONE...

This e-letter is not intended for persons under the age of 18.

Dear Friend,

The New Age movement of the 60's and 70's spawned a number of sexual/spiritual practices now lumped together under names like "Modern Tantra," "Neo-Tantra" "Modern Sex Magick" and "New Age Tantra." They provide a framework for conscious love and sex that is helpful in the stress-filled, crowded, sexually programmed modern world. But they missed some BIG pieces of the Tantric puzzle.

I'm going to over-simplify things and give you the core practices of so-called Neo-Tantra or Modern Tantra.

Next issue we'll take a look at what they missed...

1. Eye-gazing ("soul gazing") between the lovers
2. Harmonization of the lovers through synchronized breathing and awareness of the bodies main nerve centers
3. Release of somatic tension via massage, breathing, and the use of sound (long vocalizations such as "Ahhhhh" while being touched).
4. Emphasis on Male ejaculation control and female multi-orgasmic potential.
5. Emphasis on sensory stimulation of the whole surface of the body, rather than just the "erogenous" zones.
6. A big emphasis on prolonged g-spot orgasm for females, resulting in the "oceanic" or full-body orgasm.
7. Neo-Tantrists also encourage a lot of new-agey pillow talk between lovers like "I worship the goddess within you" and "I worship the god within you."

The upside of Neo-Tantra: more orgasmic sex, greater feeling of connectedness between lovers, better physical and emotional health.

Next issue: [the downside of Neo-Tantra](#)... and why it's such a narrow chunk of the tantric experience... sexual and otherwise...

For every student, there is a teacher.

Keep in touch!

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko for www.UmaaTantra.com

P.S.

Learn more about authentic tantra and yoga in solo practice here:

http://smashanpress.com/guru_secrets.html

and about practicing tantric lovemaking (maithuna) with your partner here:

http://smashanpress.com/tantra_secrets.html

WHAT'S MISSING FROM "MODERN" TANTRA? PART TWO...

This e-letter is not intended for persons under the age of 18.

Dear Friend,

Last issue I covered [some of the basic premises of "modern tantra."](#) Here's what the new-age influenced movement has missed from traditional tantra:

While it may include sexuality and love as a wondrous part of spiritual experience, Traditional tantra teaches that success depends mostly on individual sadhana or practice. Granted, spontaneous lovemaking can be a spiritual union and creates an enormous amount of energy, but over time it is only as fruitful as the emotional and spiritual development of the individual lovers allows.

Consider this: If you prepare a meal, the meal is only as good as the freshness, purity, and nuanced flavors of the ingredients you make it with. Knowing a bunch of fancy cooking techniques, but only using poor, flavorless, or artificial ingredients, will just give a lot of exotic looking, but ultimately bland, stale and flavorless food.

Now think of that meal as a tantric sexual practice, think of the ingredients as the lovers, and think of the cooking techniques as the sexual techniques, and you have the picture.

Neo tantrics place 80% emphasis on the cooking techniques and 20% on improving the quality of the ingredients.

Real tantrics place 90% emphasis on improving the quality of the ingredients and another 50% emphasis on improving the cooking techniques. Yes, I'm aware that those numbers add up to more than 100%. So you get the picture then...

Real tantrics do individual practices of purification, devotion, sensitization, and focus. A few of their many tools are physical exercises, diet, contemplation, concentration, visualization, mantra, relaxation exercises, methods of touching, expansion of awareness, and more.

Why? Because sex can create as many social masks, illusions, and obstacles as it strips away. Even 8-hour long, multiorgasmic, emotionally satisfying lovemaking. So the tantric needs to constantly observe herself, from solitude as well as lovemaking, to catch the ego when it gets in the way of seeing true self-nature (whether "good" or "bad").

Most Neo-Tantrists never learned the full practices used to prepare the individual for maithuna (ritual union), because they themselves learned from New-Age gurus in a time when "anything goes" was the norm. The vast majority of Neo-tantric gurus today were at one time disciples of Osho (nee "Sri" Bhagwaan Rajneesh), who actually began his own spiritual life and achieved realization as a renunciate (*not* a tantric), and whose own

knowledge of left-hand-path tantra came mostly from reading written works, not from initiation. Tantra, as you can imagine, was an easier sell to New Age "seekers" than renunciate meditation.

So the Neo-Tantrist gurus' own knowledge of tantra, especially its higher practices, frequently has some big holes. The yogic practices they prescribe are usually cobbled together from American hatha yoga and watered-down tantric and Taoist visualizations and awareness meditations. These practices help, to be sure, and can achieve some sexual and emotional healing. But they will rarely lead to an awareness beyond the physical and pranic bodies. Tantrics seek the Source with more than just lip service.

One of the outcomes of Neo-Tantra's incomplete knowledge of tantric sexual practices is that most Neo-Tantrists have sexual and throat centers developed way out of balance with their root, navel, heart, third eye, and crown. Here's why:

The Neo-Tantrist elevation of the female G-spot orgasm as the be-all of orgasmic potential emphasizes the activation of yoni chakra (a small center in the middle of swadisthana, the sex center), and the "Ahhhh" vocalization they recommend making on exhalation opens the throat center, vishudda. The "oceanic" g-spot orgasm is really a swadishana-vishudda orgasm. It's delicious, but real tantrics know that there are way deeper orgasms than even the most powerful g-spot orgasm, and it, like any experience, should be enjoyed sometimes, but not all the time. Why? There are orgasmic points deep within the vagina, known for millenia to tantrics, that modern sexologists have only begun to understand in the last two years. And they have nothing to do with "female ejaculation."

But they do open out a more complete bodily and non-bodily pleasure than even a g-spot orgasm. Besides, tantrics have another focus they know is beyond orgasm...

For real tantrics, orgasms are gravy. The meal is opening the state of ananda (spiritual bliss, which is caused by release of DMT by the pineal gland, causing an orgasm-like explosion or radiance in the brain that may last for weeks or months...). Or even better, the experience of tremendously peaceful, though less ecstatic realization which can follow ananda. But that's only if one learns through tantric meditation to steer the ship of one's own mind and senses...

By today's quick-fix standards, authentic tantra is a gradual path (ironic, because traditionally, tantra is the "fast" lane to enlightenment...) It does take a couple of years to achieve basic mastery... a very fun, awakening couple of years... but the process opens up the possibilities of life, love, and consciousness at a level that cannot be matched by modern modalities. Mastery of a sport or profession make take a decade or more... it certainly seems worth the investment understand the workings of your own mind, body, and sexuality.

To learn more about the path of tantra, in all of its well-rounded glory, look here::

http://smashanpress.com/guru_secrets.html

and to find out about about practicing tantric lovemaking (maithuna) with your partner invest here:

http://smashanpress.com/tantra_secrets.html For every student, there is a teacher.

Keep in touch!

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko

BAGLAMUKHI SADHANA, RELEASING TRAUMA, MORE...

Dear Friend,

I'd like to send a deep thank you to all of the readers who wished us safety during the most recent hurricane of four hurricanes to hit our home state of Florida. Miami was relatively untouched, but please keep the residents of Central and Coastal Florida, Haiti, and the rest of the Caribbean in your thoughts and prayers. Please go to the American Red Cross's web site if you can help them:

<http://www.redcross.org/>

Today I'm answering some reader mail...

Hi Tao. Very happy to see you have the correspondence courses up and running. I joined at the Gold level last night and am looking forward to receiving my first materials. I found all of the books you recommended and have been reading the Complete Guide to Yoga. Doing a five day Yoga intensive would be a wonderful change and am I sorry I missed the one this August. Anyway, just wanted to touch base and I will be back soon with a few questions.

Namaste, David Grumbles

Hi David! Great to hear from you... email us with those questions, and remember to put "gold membership question" in the subject line so we can answer your questions soonest in the Gold Q&A letter!

-- Tao Semko

Hi Tao,

Thanks for all the great advice in your newsletters. I would like more information about your long distance classes to see if it is for me right now. I would also like to know if you have any specific yoga poses that help to remove these blockages in the body you mentioned in your last newsletter, because I have most of them. I have been in an healing process for sexual trauma and related emotional effects for several years. I find it most difficult to permanently release some of the recurring physical tension and symptoms of this energy blockage, which is my goal now, so I can be more whole and healthy.

Blessings,
Lisa

Hi Lisa - the information in the Tantric Inner Circle will help anyone to release blockages, and yes, it does teach yoga poses, breathing exercises, visualizations, even mantra that releases specific blockages in different areas of the body... However, the health advantage of the distance learning is the overall holistic improvement of body health.

For specific exercises to deal with specific problems, you may arrange a consultation with Laura, me, or Santiago, and we can give you specific exercises you can do to help yourself.

That said, an even *faster* means to healing specific emotional trauma is to find a reputable practitioner of Cranio-Sacral Therapy in your home town. Discuss the areas blocked by trauma, which they can easily help you release through this gentle, non-invasive, and very effective therapy. You can find more information on Cranio Sacral Therapy and

Somatoemotional Release here:

<http://www.iahe.com/html/therapies/cst.jsp>

-- Tao Semko

Hi;

Pls write more about Baglamukhi Sadhana which I have been practising since last one year Have felt so many changes around me...

Can you guide me to know much more about this sdhana..

Regards;

Deepak Kumaar.

Hi Deepak!

For those unfamiliar with Hindu tantra, a sadhana (sanskrit, "accomplishing") is any specific practice of yoga or of worship. Baglamukhi is one of the ten Mahavidyas ("Great Wisdoms"), which are the ten great feminine mantras that express the manifestation and oneness of the universe.

Baglamukhi means "she whose face has the power to rein in." There are two views in tantra - dualistic and non-dualistic. In the lower, dualistic view, you consider yourself separate from the universe or divinity. In the higher, non-dual view, you are a microcosm of the universe, and there is no separation between you and divinity.

So for followers of the dualistic view, Baglamukhi mantra can be used to rein in and control enemies in the external world, silencing and hypnotizing them through the power of stambhana ("stopping").

But for followers of the non-dual view, it is the constructed ego that is the enemy reined in by Baglamukhi Sadhana, allowing the realization of your own primordial nature. In particular, dedicated (and devoted) use of the mantra will result in a stilling of the subtle breath in the center channel at the soft palate, resulting in self-realization while in the sleeping dream state.

Deepak, since you didn't tell me whether you were doing only mantra sadhana (practice with the mantra, either vocalized or internal), or also using Baglamukhi's yantra (geometric diagram used for focusing the mind, to achieve a specific brainwave pattern), or doing internal or external worship of the anthropomorphized principle (the visualization of the mantra as a human goddess, with particular attributes and gestures that symbolize the nature of the mantra's wisdom), I can't know what specifically you want to ask. If you write back, I'll be happy to answer.

The most important things for success at any sadhana, however, are the mental and emotional attitude of the practitioner during practice, alternating between one-pointed focus and relaxed, present awareness, and regular, even obsessive, joyful practice of the sadhana, without being attached to an immediate outcome...

There is much more on the principles behind tantric sadhana and why mantra works in "Secrets the Gurus Will Never Show You" and Umaa Tantra's Tantric Inner Circle...

http://www.SmashanPress.com/guru_secrets.html

-- Tao Semko

MY DEAR TAO SEMKO,

GOOD MORNING.

IT IS VERY NICE TO FIND YOU. I HAVE TO QUALIFY ALL THE PROGRAMMES AVAILABLE WITH UMAA TANTRA COLLEGE TO BECOME A TEACHER OF THE SAME. KINDLY INFORM THAT HOW MUCH TIME/MONEY IT REQUIRES ?? DO YOU ARRANGE ANY RESIDENT COURSE ALSO AT MIAMI BEACH WHICH I WISH ?? I AM IN LUCKNOW CITY OF INDIA.

WITH REGARDS,

SADGURU DHYANAGYE*****, LUCKNOW, INDIA

Hi S.D.!

Nice to find you too! Our Level One instructors are proficient in teaching the basic principles of hatha yoga, kriya yoga, mantra, and laya yoga meditation, along with the basics of both moving and still qigong. To become instructors, they are either personal students of Santiago or me, or Tantric Inner Circle Gold membership subscribers for two years. They then demonstrate their abilities, and take an additional instructor training course. Level One Instructors are qualified to teach the first two years of our material.

To become a teacher of the college itself (teaching other instructors) you would have to be able to enter into samadhi and remain in it at will, and have experienced several degrees of realization, beginning with realization of the self (atman in the hindu systems), and moving through realization of anatman, experiential realization of voidness, and so on... All of these levels of realization are possible with proper practice of the first two years of T.I.C. materials.

In addition, your training in order to teach with us would include healing practices, martial arts training, general understanding of ayurveda/ traditional chinese medicine/ tibetan medicine, and understanding of the higher views and mutual practices of higher tantra, chan/ dzogchen and taoism.

We have no residential dormitories, but individuals seeking instructorship do frequently move to Miami Beach or Kendall to train with us. A good example is Esly Caldwell, who previously lived and studied both vipassana meditation and tantric yogas in India for a year and a half.

-- Tao Semko

Keep the good questions coming...

Here's the link to the American Red Cross again:

<http://www.redcross.org/>

Please help them make a difference!

Keep in touch...

For every student, there is a teacher.

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko from www.UmaaTantra.com

P.S.

You can learn more about authentic tantra, yoga, and qi gong in Umaa Tantra's College of Tantric Yogas. You can read more about the Tantric Inner Circle here:

<http://www.UmaaTantra.com/college.html>

THE MANY FACES OF TANTRA

Dear Reader,

What is "Tantra?"

Try to blithely define Tantra and you'll quickly make yourself a liar.

A "tantra" may be a spiritual practice for achieving "expansion to liberation." (it may be a ritual or meditation)...

A "tantra" may be any practice of material transformation or spiritual alchemy...

A "tantra" may be a mundane practice of magic, a talisman, or a totem, used for wealth, power, domination, or protection, or soothsaying...

It may be a scripture or treatise enumerating any of the above types of tantric practice. Most such writings date from 500 AD on to the present.

A "tantra" may be a strictly oral teaching of either mundane or spiritual practice. Many of these oral teachings date back several thousand years, and are reflected by sculpture, pottery, friezes, paintings, and ritual implements from as far back as 7000BC...

Tantric practice may be highly ornate, with much external ritual paraphernalia, or it may be completely inside the mind, completely internalized as a visualization or awareness beginning with a specific focus.

Some tantra does involve the use of "forbidden" substances - alcohol, flesh, intoxicants - but these are used within the context of specific rigorous practices, and should not be taken as excuses for debauchery.

Some tantra involves the use of mantra (sound resonance) and yantra (visual resonance), but not all...

Some tantric schools view existence as "duality" ("I and Thou") others as "non-duality" ("i am that i am"). Some are polytheistic, and some are monotheistic, some are not theistic at all.

There are tantric teachers (for instance, some teachers of Samaya Tantra) who will tell you there is no sex in real tantra. There are tantric teachers who will tell you tantra is only about sex. Neither group is right.

Most tantra works with "sexual" energy, but this may be on the macrocosmic level of natural, universal forces of creation and destruction, or on the interpersonal level of human sexuality (whether physical sex, or visualized "divine" intercourse), or even on the microcosmic level of the polar (male/female, solar/lunar, yang/yin) forces within the individual human body. In the most powerful practices, tantra may be all of the above...

There are practices developed only in the last 40 years, classified as "Neo-Tantra", "Modern Tantra" or "New-Age Tantra". Some make valuable contributions, in that they can improve physical and emotional health through loving sexuality, but they lack many of the higher spiritual benefits of traditional tantric practices, and in some ways further obscure the power and meaning of these traditional practices. But Tantra has many millenia of history of this sort of obscuration -- dilution and syncretism are nothing new.

Any one of the above characterizations of tantra, taken individually, is only half-truth.

I'll explore them all intimately in forthcoming issues of Tantra Tips and in UmaaTantra's Online College of Tantric Yogas.

Until then,

Smile, breathe right, and keep your tongue up!

Tao Semko
www.UmaaTantra.com

P.S. The latest seminar information is up now at <http://www.UmaaTantra.com/events/>

TANTRA TIPS: SEXUAL AND RELIGIOUS ECSTASY

Dear Reader,

The following is a brief excerpt from "Sexual and Religious Ecstasy", in James Hewitt's brilliant 1977 work [The](#)

[Complete Yoga Book: Yoga of Breathing, Yoga of Posture, Yoga of Meditation.](#)

" When Marghanita Laski, in compiling her study of ecstasy, questioned people who had experienced it in their lives, she found that art, nature, and sexual love were the three main triggers, scoring close together. Religion was the next most frequent trigger. In all ecstasies, whatever their cause, the ego sense is weakened and dissolves, and there is a sense of 'homecoming,' of finding Reality. There may be physiological concomitants: Miss Laski's ecstasies experienced flashes of light, electrical tinglings in the spine, feelings of inner warmth, and the like. Similar sensations are reported by Tantric Yogins.

Sexual love offers the possibility of ecstasy. In this sexual age great numbers of men and women make sex a substitute for religion and find in it a way of catching momentarily something of the non-duality, timelessness, and ego-obliteration experienced by the mystics. It is worth pausing to consider how the orgasm blots out both ego and time - two aims of esoteric psychologies. If men and women were granted the experience of orgasm only once or twice in their lives, one could well envisage a world religion being based on it.

Accounts of sexual and of religious ecstasy are unsatisfactory for the same reason: in either case an attempt is being made to describe the ineffable...

The ecstasy on the face of St. Teresa of Avila (1515-82), as portrayed in white marble by Bernini, could be sexual rather than religious; and she described her visions and raptures in imagery and language so erotic as to embarrass the Church. She had a vision, she said, in which an angel appeared carrying a long, golden spear with a fiery tip.

'[He] plunged it into my deepest inward. When he drew it out, I thought my entrails would be drawn out too and when he left me I glowed in the hot fire of love for God. The pain was so strong that I screamed aloud, but simultaneously I felt such infinite sweetness that I wished the pain to last forever. It was the sweetest caressing of the soul by God.'..."

[Google Images of Bernini's St Teresa](#)

"The erotic element in Bhakti (devotional) Hinduism is direct and unselfconscious. For millions of Indians the love story of Krishna and Rhadha embodies Bhakti emotion}. Bhakti kirtans or song-poems (like this by Vidyapati, translated by Coomaraswamy and A. Sen), can be erotic and at the same time exquisite:

'She cries: Oh no, no, no! and tears are pouring from her eyes. She lies outstretched upon the margin of the bed. His close embrace has not unloosed her zone. Even of handling her breast has been but little... When Kanu lifts her up to his lap, she bends her body back Like a young snake, untamed by spells.'"

- from [James Hewitt, The Complete Yoga Book, 1977](#)

Until next time,
Smile, breathe right, and keep your tongue up!
Your Friend,
Tao Semko
www.UmaaTantra.com

P.S. Find out how to open up ecstasy in your own meditations!

The latest UmaaTantra.com seminar information is up now at <http://umaatantra.com/events/>.
Seminars Be sure to scroll down the page to see all the events!

THE SECRET TO FREEING YOURSELF FROM LIMITING HABITS - IN BED

Dear Reader,

This weekend I was at a bridal shower where I'd been asked to speak about the sexual side of tantra. Of course, the ladies were a lot of fun, and as always, they had some really good questions. I'll share an answer to one here today.

As I've explained in past issues of Tantra Tips, and as I explained at the bridal shower, if your breath and energy ("chi" or "prana") cannot freely circulate in your body as you make love, the pleasure you can feel is limited. You're cheating yourself of better sex! Your breath, energy, and mind are all linked, so your capacity for spiritual bliss is also limited (your ability to experience samadhi through complete absorption in the love and/or sensuality of lovemaking, or in anything else for that matter).

So here's the question: How can you learn begin to relax, deepen the breath, and maintain relaxed awareness while making love if your body is in the habit of tensing up and panting?

And here's the answer: You don't. Not at first. Just trying to remember to do all those things while "getting it on" will only make you more stressed and tense, and make you stay in your head and worry self-consciously instead of enjoying yourself, right? No fun. And if you start to get carried away by the moment, your breathing will get away from you again.

So then, the *easy* way to change your limiting sexual habits is to start changing your habits and your awareness when you're *not* making love, just a little bit each day, and making the whole process relaxing and fun....

If you want to experience orgasm throughout your body, or to experience the bliss of samadhi (dissolving completely into the object of your awareness - pleasure, orgasm, love, your lover, or whatever your awareness is focused on), you have to become more consciously aware of breathing fully, deeply, slowly, and relaxing all the emotional tensions within your body - in the pelvic floor, the solar plexus, the throat, and the mind.

The easiest way to begin is to wake up in the morning, hit the snooze bar on your alarm, lie on your back, arms and legs relaxed open, with left hand on your belly, right hand on the center of your chest, and breathe slooowly and deeply with just your abdomen rising and falling for 5 minutes. Then breathe with your abdomen and your chest for another five minutes. The hand on your belly should move more than the hand on your chest.

Try to count to 6 as you inhale, hold for 2 or 3, exhale for 6, and hold for two or three and repeat until the alarm goes off again. Then gently massage your face, scalp, arms legs and torso, and start your day. Don't start worrying about your morning until you've finished your ten minutes of breathing. You'll be more relaxed, more energized, more efficient, and you'll find your whole day flows better, too...

Then do the same thing before you go to sleep, this time relaxing your body more by lengthening the breath out, inhaling for 8 to 10, holding 3, exhaling 8 to 10, and holding three, focusing on the counting and on your belly and chest rising and falling, relaxing your body deeper into the mattress each time you exhale. You'll sleep much better for it, and your body will release some of it's stress.

You'll start to find that you breath more deeply and are more relaxed throughout the day, and more relevant to Tantra Tips, when you're making love, too.

Once you've relaxed with your morning and night breathing for a week or two, try touching yourself and giving yourself as much pleasure as you can handle while doing your breathing and relaxing. Keep doing this each day

until you can relax, and breathe (preferably nose-breathe!) while experiencing incredible pleasure that would have incapacitated you before!

The pleasure turns the exercise into play, makes it much more fun, and starts to integrate healthy breathing naturally into your sexual behavior. Then, if you have a willing lover, tell them that breathing this way will amplify your pleasure, and ask her / him to touch you for ten minutes while you breathe and relax... It'll be fun for both of you to see how long you can enjoy without losing the smooth, long flow of your breathing... turn it into a cooperative game with no losers, just orgasms... Sound like fun?

Even if s(he) wasn't open to tantra or yoga before, after watching you open up and enjoy those ten minutes, your lover just might want to start freeing up his/ her breathing too... Which is a lot easier way to get you both having more fun than by saying, "Babe, lets do these exercises to improve our lovelife" - which would kill just about anybody's passion... by turning sex into work.

So -- keep it playful, and lead your partner by exhibiting your own enjoyment, not by nagging or turning sex into a project!

For more tips on releasing sexual and emotional tension, and opening up both sexual bliss (orgasm) and spiritual bliss (samadhi), go to the Tantra Tips archives located here:

http://www.UmaaTantra.com/yoga_tantra_articles.html

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko

www.UmaaTantra.com

THE MOST POWERFUL TECHNIQUE IN TANTRA

Dear Reader,

Think of the last time you let yourself get really steamed about something insignificant...

Maybe your spouse left the toilet seat up again. Maybe in her zeal to clean, your roommate threw out a newspaper or magazine you wanted...

and that one little thing just stuck in your craw for the rest of the day.

And it didn't just sit, did it? It festered. And it grew. And soon your bad feelings brought up the bad feelings from every previous time your loved one left the seat up, or threw something out. And your resentment, ill feelings, and anger grew. And then you started remembering other things he/she did "wrong" in the past...

In other words, here was a simple, small event. You took the feelings you associate with that simple, small event.

And you repeated them (the memory of the experience and the feelings), over and over in your mind,

adding more emotional content as you went,

and adding in more images (previous occurrences, or things that might have happened but didn't:

"what if he had thrown out something that really mattered?" "what if I fell in and got stuck?"), and added more emotions

until this one amplified event, and all of its emotional baggage, was your sole focus for the rest of the day.

And then what? Maybe you sulked. Maybe you picked a fight. Maybe you did something to "take a stand" or get even. And the event faded into the background, until the next time, and the pattern will start all over again, this time even more intense.

Now - if you allowed yourself to re-experience those feelings just now, having done this exercise with me here, you may have noticed the incredible power of your own mind to control your mood, activity, and relationships with others.

Especially when your mind combines memory, focused visualization, sensory input, and emotional content, and repeats and amplifies them all, over and over.

That is, after all, what you just did. And you probably realize that this "technique" has the power not only to change your perception of reality, but to actually change your reality itself.

If you chose not to dwell on the event, your day would've been fairly clear, and quite possibly fairly enjoyable.

But if you obsess, dwell on it, and amplify... your day went completely differently. You drove to work angry, or took it out on your kids, or picked a fight with the "guilty" party, or withheld affection, or withheld sex, etc...

And if you keep repeating the pattern, you may break up, or divorce. Now your little mental-and-emotional focus-amplify-and-repeat "technique" has radically altered the course of your day, week, or even life.

You may already do this mental technique out of habit, but it affects your mood, attitude, performance, and relationships with everyone in your life!

If this email is hitting close to home, then you have been doing the *reverse* of the most important technique in Tantra.

Tantra is known as the "transformation path". the most important technique in Tantra is called "transfiguration".

What does transfiguration mean?

According to the dictionary,

Transfigure (vt) : to change so as to glorify or exalt.

Reverse transfiguration, then, would be the process of changing so as to profane, disparage, or belittle. That's what we do when we obsess about the little, negative things that really don't matter - our pet peeves.

You've just seen the power of reverse transfiguration to destroy your mood, your day, and your relationships. Yeeech! Who wants that?

So, what then does the exceptional practitioner of tantra do differently? How can you completely change your mood, your day, and your life, using the technique you already do, out of habit?

And if you do the technique out of habit, then that means that the technique is something you're already good at, right?!! We just need to tweak it so it helps you.

Here's the little twist you'll put on it:

The exceptional practitioner transfigures a person or situation so as to glorify or exalt it's highest aspect, an aspect that already exists. And that higher aspect is always there - no matter how subtle or difficult to find...

So here's how you are going to make transfiguration your friend, instead of your undoing:

Find something wonderful (but real) that exists within a loved one, or, if you want to transfigure yourself, a trait that exists within you. Smile. The something can be subtle, or obvious. You can start with a feeling.

Be aware of that special something, however subtle it may be. Smile. Stay with the feeling. Circulate the feeling throughout your whole body. Smile.

Now amplify the feelings, and if other feelings like love, compassion, or awe, devotion, etc., appear, join them with the original feeling.

Continue to amplify, and gently send the good feelings back towards your loved one, and towards your own self-image.

Repeat, smile, amplify, give back, and enjoy, again and again. This is the simple version of transfiguration, but, like its reverse, it is extremely powerful.

Start with a feeling. Then expand it and give it back.

Do this positive transfiguration for at least a few minutes a day, everyday. This is real tantra. Transfigure your lover, your self, your "enemies", your friends. Transfigure politicians, or criminals. Transfigure your own concept of divinity, whatever that might be. Start with some small aspect, and expand from there!

Transfigure your lover before, during, and after you make love together. Without expectations! Transfigure the food you eat at mealtimes. Transfigure the act of sleeping.

An important point: Transfiguration is **not** fabrication and amplification of a false, fantasy version of the person or situation. This is what Freud calls "crystallization." Crystallization is not tantra! Transfiguration should not be an excuse to turn a blind eye to obstacles.

The point of transfiguration is to take something wonderful, however small it might be, something that is **already there** in the person or situation, to amplify that something, and to give it back, continuously. To live your life practically, aware of everything, while amplifying the exalted.

Your relationships will improve, your moods will improve, and your everyday life will effortlessly become a spiritual practice. Transfiguration can be done anywhere, anytime...

However, use some sense and don't do visualizations while operating heavy machinery!

Santiago and I cover much more of the powerful, practical techniques of transfiguration in our distance learning course (The Tantric Inner Circle). We release it, finally, this weekend.

Keep your eyes out for the next Q and A, also coming this weekend.

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko
www.UmaaTantra.com
P.S.

To learn beautiful, romantic and realistic ways of transfiguring your lover and your relationship, you'll want to watch and re-watch [Dinu Roman's Secrets of Tantra DVD's](#)

Smile, breathe right, and keep your tongue up!
Your Friend, Tao Semko of www.UmaaTantra.com

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TANTRA TIPS: RELAXING DOWN BELOW

Dear Reader,

To relax into more pleasure, whether you're a man or a woman, start by relaxing the muscles of your pelvic floor. You'll benefit in the following ways:

1. you'll feel more varied and subtle levels of pleasure when you make love, moving through your genitals and then throughout your body.
2. if you're a woman, you'll feel pleasure more immediately and fully, allowing for rapid and multiple orgasms
3. if you're a man, you'll last much longer and become multiorgasmic

How to relax the pelvic floor:

We'll start with the most basic two techniques:

1. Triple diaphragmatic breathing. You have three main diaphragms in your body. One that divides your chest from your abdomen. Most people breathe from this diaphragm, if only shallowly. Then there are two diaphragms in pelvic floor - one in front and one in back. To truly breathe fully and loosen up your "love muscles", you should breath with all three diaphragms. Doing so will stretch and strengthen the diaphragms of the pelvic floor, allowing more bloodflow, more circulation, more relaxed nerve sensations, and more lubrication in the genital region.

As an added benefit, you'll also have better lower digestion, including more regularity.

Try to inhale all the way to the base of your spine, ballooning out your abdomen like a fat buddha, while pushing downwards with your pelvic floor as if you were trying to defecate and urinate. Then exhale all the way back up while gently lifting the pelvic floor as high as it will go and squeezing your stomach wall back towards

your spine. Try to synchronize your breathing with the muscle movements. Keep your chest, neck, and facial muscles relaxed throughout - don't strain!

Now #2, pelvic massage: sit upright on the floor, bring the soles of your feet together with your knees bent and pointed out like in a butterfly stretch, but place your heels about a foot in front of your groin.

While doing the triple diaphragmatic breathing described above, hold your shins and lean forward, projecting the jaw forward, then rock around to the right, leaning onto your right thigh, then back, bringing the chin into the chest, then around to your left leaning over your left thigh, then back forwards again, stretching the jaw forwards again. Inhale going left and forwards, exhale as you lean right and then back.

Repeat 9 to 18 times, then reverse direction of rotation. Feel your internal organs, breath, and rotation massaging the pelvic floor. When you finish, lie down on your back and continue deep triple diaphragmatic breathing.

Do this for two weeks, everyday for 10 minutes. Smile and relax as you do the routine - even do it while watching stand-up comedy, and be aware of all of the sensations in your pelvis - the results will astound you...

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko

www.UmaaTantra.com

P.S. You'll notice quite a few changes on the site if you hit refresh on your web browser each time you visit a new page... Take a look...

<http://www.UmaaTantra.com/explore.html>

For every student there is a teacher.

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko of www.UmaaTantra.com

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TANTRA TIPS: CONGESTION VS. PLEASURE

Dear Reader,

Ever feel "all bottled-up?" Today's tip is common sense that's not so common. The idea is this: If you want to be able to build and enjoy boundless sexual energy, it's gotta have someplace to go. Or, whether you're male or female, you never get to enjoy it. But don't worry... there are simple solutions...

In the [last Tantra Tip](#) you saw:

"Is sexual arousal building into an uncomfortable feeling of congestion around your genitals, begging for a

quick and unceremonious release? Or is it circulating throughout your body in a delicious tingling sensation, including stimulating the higher centers in your brain and heart?"

If that feeling of congestion is building up down below, and you can't circulate the energy, you've got to release the congestion if you hope to have energy later on. The alternative isn't pretty.

If you stay this 'wound up'...

and you're a man, you'll probably ejaculate too quickly for your lover and

1) fall asleep or

2) get moody,

either way leaving your lover less than satisfied...

If you're a woman, you'll either

1) be too tense to orgasm,

2) have an outwardly projected, superficial clitoral orgasm and be exhausted, hyper-sensitive, and unwilling to continue, leaving your lover frustrated, or,

3) you'll orgasm several times, but feel the sensations only near your sexual region. Afterwards you'll feel initially hyper and revved up, and then you'll burn off the energy with activity or talk, and feel spent and unsatisfied.

Or...

if you're able to circulate the energy, you'll be able to rapidly feel the pleasure throughout your entire body, instead of just in your sex, and (if a man) you'll be able to orgasm independently of ejaculation, and quite possibly become aware of the vast dynamic reservoir of energy within yourself and all around you!

Whether you're a man or a woman, you'll be powerfully multi-orgasmic, yet still centered and relaxed.

So what's stopping you?

Usually, weakness, tension, or blockages in 4 places...

1) the muscles of your pelvic floor may be weak, or

2) the muscles of your pelvic floor may be perpetually tense and held tight (in other words, if you're what we professionals call a "tight-ass"), or

3) your intestines and stomach may be bloated with food, waste, or gas and are pushing down on your sexual region, or

3) your mid-section may be spreading with age and your "core" musculature can't keep enough evenly distributed internal pressure in your abdomen, or

4) you may have a lot of emotional tension in your solar plexus and thus in your thoracic diaphragm (the smooth muscle you breathe with - it divides your chest from your abdomen) or

5) if any part of your spine is substantially compressed or subluxed, especially if you have tension in your sacrum, lower back, neck, or at the base of your skull.

If you don't have any of these blockages, the energy will circulate on its own - all you have to do is breathe properly. And if you faithfully read Wednesday's Tantra Tips, you already know how to breathe for maximum pleasure and awareness when making love.

But...

If you do have trouble feeling pleasure throughout your body...

If you do have trouble lasting (as a man)

If you do have trouble relaxing quickly into orgasm and pleasure (as a woman)

Or if sex feels more like an itch you've gotta scratch than a delectable, mind-blowing pleasure, then [tomorrow's](#)

[Tantra Tip](#) is right up your alley...

Until then,

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko

www.UmaaTantra.com

P.S. You'll notice quite a few changes on the site if you hit refresh on your web browser each time you visit a new page... Take a look...

More news soon...

Also, please see our products page, which has moved to our publisher's website:

http://smashanpress.com/books_products.html

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WAITING TO EXHALE?

Breathing and Relaxation in *Maithuna*

Dear Friend,

People often ask me how to become "tantric" when they make love. The answer is simple - attitude and awareness.

For the masculine partner - a centered attitude of eros, love and devotion. For the feminine partner - an awakened, kinetic attitude of eros, love, and devotion. More about that in the Tantra Tips issues later in the week.

As far as awareness goes, an old tantric saw says that there are three awarenesses in lovemaking:

1) Awareness of your Mind/ Mental State:

Is your mind agitated or is it relaxed?

Is your mind focused, or is it wandering?

Is your mind numb, or is it fully awake and alive?

2) Awareness of your Breath:

Is your breathing relaxed, rhythmic, and effortlessly in control? or is it a-rhythmic, labored, out of control?

3) Awareness of your Sexual Energy:

Is sexual arousal building into an uncomfortable feeling of congestion around your genitals, begging for a quick and unceremonious release? Or is it circulating throughout your body in a delicious tingling sensation, including stimulating the higher centers in your brain and heart?

The old tantric saying goes on that if you can keep any two of the three awarenesses, the third will be automatic. So if your breath and mind are in control, so is your sexual energy. If your sexual energy and mind are in control, your breathing will automatically be relaxed and full. And so on.

Today we'll cover a bit of breath awareness.

When you are making love, do you breath through your mouth or through your nose?

Think about that dull, stupid feeling we all get when we have allergies or a cold, and are forced to mouth-breathe. If you mouth-breathe during sex, you're depriving all of the nerve centers in your brain, keeping those delicious feelings of sexual pleasure from "going to your head."

Here's a hint - for sex to be tantric, pleasure needs to "go to your head" - and everywhere else in your body. So breath through your nose!

Second, the more rhythmically and slowly you can breathe during lovemaking, no matter how fast your pelvis may be moving, the more that sexual and emotional pleasure and awareness will circulate throughout your body!

If you can't breath deeply and rhythmically in your daily life, playing sports, or sleeping, it sure ain't gonna happen while getting it on! So practice long, rhythmic, deep breaths all day long, whenever you can remember. That way breathing right becomes second nature, even in the heat of the moment! Your sex partner will thank you, a thousand times over!

Proper breathing for men means ejaculatory control and full-body orgasm, with or without ejaculation. For women, it means the body relaxes, she feels more pleasure, has her first orgasm sooner, and keeps on orgasming throughout her whole body!

The last thing is, in general, breathe through all three regions of the torso when you make love - at least until you have the body awareness to use more specialized breathing. Abdominal, thoracic, clavicular: In plain english, that means you should inhale all the way down to your tailbone, relaxing and inflating first your belly, then your chest, then your collarbone area, and then exhale all the way back up, gently squeezing your belly toward

your spine as you exhale.

Having both partners practice good breathing in and out of bed will give you dramatic results in both your physical and subtle sexual experiences, not to mention your health!

Stay tuned for ways to amplify pleasure and consciousness using breath...

For every student there is a teacher.

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko

www.UmaaTantra.com

P.S.

To learn all about sex, love, relaxation, and tantra, I recommend Dinu Roman's

[Secrets of Tantra](#)

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LEARNING TO SWIM - TANTRIC PRACTICE VS. THEORY

Dear Reader,

If you want to develop internal energy, to arouse kundalini, to love spiritually, to find union, to realize spiritual bliss (ananda), or liberation (moksha),

you won't get there by reading alone!

you won't get there by intellectualizing, or reading philosophy, or reading great stories of the masters, or myths of gods and goddesses, or debating.

You won't. Not one spiritual master in history has realized Enlightenment intellectually!

Practice, not theory, is the essence of spirituality!

Spiritual development occurs through effort - physical exercises (hatha yoga, kriyas, trul khor, qi gong, service, spiritually focused labor, art, or lovemaking, and focused stillness) and mental work (focus, visualization, meditation, interiorization, self inquiry followed by emptying of the mind, repetition of sound or image, identification with the Universal or an individual aspect of it, etc.), coupled with attitudes of devotion and awareness.

But not through intellectual prowess. Books and teachers point the way to self discovery. They provide maps left by those who have gone before. But the map is never the territory. Even if you read a map a hundred times, and memorized it to a "t", you still have not walked the territory the map represents.

Reading to be clever, to argue points of philosophy, will get you only foolish pride. But, if you determine the attitude (view) of the master practitioner, and the method (techniques) of the practice, and you emulate both attitude and technique, then, then you just may get somewhere!

As you become more adept at any practice, look for answers not in the masters' dogma, but in their experiences. Look for direction, not for pronouncements.

Theory is not Truth. Technique is not Truth. Attitude is not Truth. Truth is ineffable. But you are able to realize Truth by using, and then going beyond technique and attitude... Remember,

"Don't think, feel!

It is like a finger pointing away to the moon...

Don't concentrate on the finger or you'll miss all that heavenly glory."

"You cannot learn to swim by reading a book. You still have to get in the water."

-- both from Bruce Lee, referencing his favorite sources... Chan Buddhism, Taoism, and Krishnamurti.

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko of www.UmaaTantra.com

P.S. No matter where you are in the world, if you read or speak English, you can learn how to practice by purchasing and following [our videos, cd's and manuals](#), available on SmashanPress.com. If you're a reader, Santiago's [Secrets the Gurus Will Never Show You](#) is a great place to start. If you prefer video and audio, try our [Secrets of LAya Yoga](#) DVD's.

P.P.S. To send me a Practical Success Story, a Question, or a Comment for this e-letter, be good:

- 1) Keep it short and to the point.
- 2) Tell me what's working for you before you ask your question. I need to hear all your specifics... it gives me a better sense of where you are, and helps others to see what works...
- 3) If you have a Success Story, write "Success Story" in the subject line of the email. I read these first.
- 4) At the end of the email, give me your initials and tell me where you're from.
- 5) Send it to me at: info@umaatantra.com

Q & A: "MCDONALD'S-STYLE YOGA GYMS"

Dear Friend, today I just have time to answer a few more emails from the Tantra Tips inbox... enjoy...

An email we received:

Thank you Tao!

I am so glad I found you! it seems like the "McDonalds-style yoga gyms" are the only ones out there. The reason I am so excited about your eMail is that I have been trying to find a good school for my brother in Miami for about 6 months now. I will definitely give him your Number and encourage him to go see you guys. I have been studying with Mark Whitwell in Los Angeles for almost 2 years. Doing a daily - personal practice that is unhooked from any attempt to look a certain way or become LA's best Yoga Gymnast... It has had a great effect on my life and it's great to learn that there are more teachers out there with the same approach to Yoga.

Sincerely,
Roy

Tao's Reply:

Thank you, Roy! I get excited every time I see someone exploring the true meaning and practice of yoga. Hope to meet you one day, and in the meantime,
Namaste!
-Tao

Success Story and Question: Followers and Leaders

Dear Tao,

I don;t really know if I am a potential "success story" or not but have had exposure to the Tantric life through someone I thought was a love in my life from Romania. Your letter brings to point many issues that brought me concern especially " We do not intrude: I'm sure you'll agree, you cannot become a spiritual master by groveling at the feet of a cult leader, "facilitator," or ashram director."

Without getting in too much detail, my friend in Romania is a devoted follower but I was concerned often of the practices there and did not see that independence that I thought the tantric way would help one develop.

I am very interested in your letter below and also the possibility to study independently as I do not live in Florida and travel almost every day, but mostly in mid-west states.

So, I guess the "Potential Success Story" is me and I am curious to know more about what you will reveal in May and any other thoughts you have that may help me move to the next step.

Regards,
Paul

Tao's Reply:

Paul - thank you for writing! You are right about balancing independence with good guidance.

Even in the path of devotional yoga (Bhakti), which can be *very* powerful, a practitioner must balance her external devotion with inner-focused self-work.

The true guru, lama, or spiritual teacher provides only what guidance is needed. The teaching method may be orthodox or unorthodox, but it's goal should be the student's own Self-Realization, not to produce more followers!

Real spirituality is not an opiate, creates dullness and blind dependence! Spiritual teachings should instead be an inoculation, strengthening the students' own abilities and clarity.

The true student works hard on their connection with the "inner guru", not on desperately grasping at the robes of an often all-too-human teacher.

Smile, breathe right, and keep your tongue up!

[Tao Semko](#)

TANTRA TIPS: ON GURUS AND THEIR ROLE, PART #1

Dear Reader,

Hindu Tantric Scholar Ajit Mookerjee has the following insight on gurus:

"it is imperative that an aspirant should not turn into a blind follower of a guru but have an open mind, a fact testified to by many instances of the guru-disciple relationship throughout Indian spiritual tradition.

An old proverb says that the guru will appear when the sadhaka (aspirant) is ready.

No guru, however, can help a sadhaka unless he helps himself by his own efforts and willingness.

Having learnt what he can learn, the sadhaka should be prepared to question and if necessary introduce experimental verifications by working on himself...

A seeker remains a disciple as long as he has not achieved his spiritual goal. Once he has attained what he has been seeking, he is 'born anew.'

The proverbial relationship to the guru as initiary master ceases, since there is no need for further instruction of guidance."

Ajit Mookerjee, 1977, in [*The Tantric Way - Art, Science, Ritual*](#)

Smile, breathe right, and keep your tongue up!

Your Friend, Tao Semko of www.UmaaTantra.com

P.S.

Discover why so many gurus are reluctant to part with their secrets:

http://smashanpress.com/guru_secrets.html

TANTRA TIPS: LIFE, DEATH, LOVE, SEX, AND SPIRITUALITY...

Dear Friend,

This letter marks a new turn for Umaa Tantra. The College of Tantric Yogas now serves hundreds in over 9 countries. You have learned from us in seminars, classes, emails, videos, and books. You have discovered that

we are a little different. We laugh, we curse, we meditate in bliss, and in empty peace, we train hard, both physically and mentally, we play harder, we make love a lot, we practice martial arts and yet teach reverence for all sentient beings... We respect our teachers, but do not worship false leaders or their egos.

We seem a contradiction. Spiritual but worldly. Many of you are attracted to this. For every student there is a teacher. We begin our formal distance learning program in May. Some of you have been waiting months now for more information on this, as Santiago, Laura, and I have put the details together in secret.

So for the next few emails, we'll be giving you little pieces of that puzzle until the formal announcement.

The program, whose name we have yet to release, will allow you to learn as we did, exploring and taking your own path - but without some of the hairier risks we suffered but grew from along the way. You will have our guidance, but only when you need it. We do not intrude: I'm sure you'll agree, you cannot become a spiritual master by groveling at the feet of a cult leader, "facilitator," or ashram director.

But you can become a successful practitioner by working hard with the right tools, attitude, and guidance. You can realize the pristine beauty of samadhi* at all of its levels. You can Realize the Self. You can live a spiritual life and have material prosperity. But you must practice, you must play, you must live in joy, and you must have guidance.

If our teaching style appeals to you, drop us an email now. You can be among the first to participate and get a special bonus offering when the course becomes public.

The course will begin by rapidly transforming your body, giving you back vitality and relaxation, and then proceed to show you the clear path to Self-realization, to bliss in love, sex, and solo meditation, to making everything in your life into yoga - union with your own conception of the Absolute.

We teach yoga, tantra, and qi gong. We do not force-feed you rhetoric, dogma, and ethnocentric belief systems. We do not sleep deprive you, castigate you, or brainwash you. But through your own practice, we turn you into a tantric adept. You walk in our footsteps and those of our students.

We give you step-by step exercises with clear instructions. We give you safety precautions. We give you both simple techniques and harder variations if you're up to the challenge.

If you do our distance learning program, and we do mean +do+ our distance learning program, we guarantee results. If you just want more theory, you can pay us for that too, but it's not going to get you far without practice. And successful practice is where we're different.

For every student, there is a teacher.
Keep in touch!

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko

www.UmaaTantra.com

*Samadhi (definition): The state of oneness with the object of meditation, in which there is no conceptual difference between subject (meditator) and object (be it external, internal, or nothingness itself). Samadhi is not enlightenment itself, but the beginnings of Realization.

P.S. The latest tantra seminar and teacher training information, including this month's "Secrets of Tantra" seminar, are up now at <http://www.UmaaTantra.com/events/>

KUNDALINI SYNDROME AND OVER-SUBLIMATION IN HINDU TANTRA

Chapter one of the Umaa Tantra teachers' misadventures and subsequent lessons learned. ...

“What goes up must come down, but what points in both directions, and remains in the middle, neither dwindles, nor crashes. It just is...”

One of the downsides of Hindu Tantra is that most surviving lineages only teach how to sublimate energy upwards, not how to sustain the upward movement. When you run out of fuel, you crash. Santiago and I both had some harsh experiences with this early on. Our rapid ascensions into genuine bliss in meditation would be followed by our inability to operate heavy machinery – or our own bodies- sometimes for days.

Intermittent bliss and emotional unpredictability, energetic instability in the body – these are all hallmarks of tantric sadhus and sadhakas in India... "crazy wisdom" Using the same tools as these sadhus and sadhakas, we found out why.

I still remember the day Santiago asked me to teach instead of take his class because all he could do was sit on the bench outside, in bliss but unable to move... In a less affective state, I was barely able to conduct the class myself. I don't know who was more perplexed, me, or the students. Half overjoyed, but half concerned, not knowing if my next words would come out at all, I taught as best I could, though I may have had some unexplainably long pauses in my speech... By the end of the class the students all had conspicuous smiles from starting to share in the state, but I don't know what they left class thinking...

We owe much to our Hindu initiations, and we have certainly encountered a few rare Hindu Tantric masters who know better, but too much information has been lost from many Hindu lineages during (and after) the Victorian occupation of India. Hindu Tantra gave us wonderful tools for absorption and awareness, but to find stability, Santiago and I had to fill in the missing pieces with information learned from esteemed Tibetan Lamas and Qi Gong masters.

By learning how to cycle and draw energy from both ends of the central channel –through rooting, breathing, and/ or orbiting energy correctly, along with being fully aware of both physical presence and higher levels of reality, higher states become much more manageable, until there is no separation between states at all...

Although the crash-and-burn approach is intoxicating for the spiritual adrenaline junkie (and Santiago and I have both been guilty of such excesses), it is neither a smart nor ultimately

fulfilling means to realization... especially when in the course of modern life one routinely spends time behind the wheel of an automobile rather than on a hilltop surrounded by goats... And when, in the end you want to dissolve the techniques, the states, the experiences, and merge with the Supreme, it's not wise to hold on to anything, no matter how pleasant, intense, or sublime the illusion...

Next issue: Some of our various masters, gurus, Lamas, and their great gifts...

Namaste,
Tao Semko

P.S. this week's tantric gem... from Swami Sivananda, in 1944...

“Ordinary run of mankind think that the man who is established in Samadhi should not have consciousness of his surroundings and should be absolutely insensible even if a knife is thrust in his body. Such Samadhi does certainly exist.

It is Jada Samadhi induced by Hatha Yogic Kriyas such as Kechari Mudra, Kumbhaka Pranayama or retention of breath, etc. The Prana is taken up and fixed up in some Chakra. The man is practically dead for the time being. This is something like long deep sleep.

This Samadhi is of no value. The Samskaras and Vasana are not burnt up in toto. There is no perfect awareness during this Samadhi. The man returns from his Samadhi as the same old man with the same bundle of old Samskaras and Vasana. He has no superintuitional knowledge.

This is a kind of acrobatic feat or gymnastics. Such Samadhi cannot give Mukti or liberation. Worldly people are deceived by such feats.

The true Samadhi is something entirely different. It gives supersensual knowledge. All doubts, delusion, the three knots (Avidya, Kama, Karma) are destroyed by the fire of wisdom. This state of Samadhi is maintained even during work. This state is described in detail in the Second Chapter of the Bhagavad Ghita.”

-- [Sri Swami Sivananda Maharaj, in *Samadhi Yoga*](#), 1944, 1961, 1983, 2003, Divine Life Society

TANTRA TIPS: “LEARNING FROM LIONS...”

October 24th, 2008

I don't care how you walk spiritually – as a lover, a warrior, a monk, a yogi... you can learn a lot from lions...

Most spiritual seekers get nowhere fast for one reason, and one reason only...

Boredom. Nobody is going to do a practice that's boring.

But there is a better way of practicing. Just look at the lion cub...

Watch lion cubs play. On TV or on youtube, it doesn't matter. Watch them play. As you watch them in your screen, you'll become absorbed in the expansion of their awareness, as the cubs stalk, pounce, hide, chase, frolic, posture, vocalize, seek solitude, negotiate their surroundings, and each other...

It's fun for them. It's filled with emotion. It's playful. It's relentless. It's realistic. Their kind of playing requires intuition. It never stops. It pushes limits. They need stillness and motion, quiet observation and rapid action. They build timing, awareness of distance, self-awareness and awareness of the others of their tribe.

Their practice is motivated by primal drives – hunger, reproduction, social pressures, the need for fun! It builds focus without tunnel vision. This is the kind of practice that creates expansion (TAN-otti) to liberation (TRA-yotti)= TANTRA.

What are we talking about here? Learning games... Lion cubs take each skill they need to perfect in order to survive and prosper, and turn it into an ever-expanding game.

The game never stops. Even when they're sleeping, you can see them playing in their dreams – chasing, hunting, sniffing, listening. They play alone with their environment. They play with phantom “prey.” They play with their food.

They chase and stalk their brothers and sisters. They play with (and on) their mother. They learn to hunt, to fight, to find the best places to eat and sleep, they learn what plants to chew to settle an over-stuffed stomach. They learn conceal themselves from each other and their prey...

The cubs constantly create, making more and more elaborate games. They learn to use all of their senses and emotion to intensify and remember these useful behavioral memories.

They learn to trust intuition. They learn the effects of facial expression, posture, roars and whimpers, on themselves and those around them... They learn to always observe and be watchful, but to mind their own needs... To be both social and solitary.

They learn that a lion who manages his surroundings out-competes the lion who merely reacts...

For lion cubs, practice is never boring. It can't be. If a cub does something obvious, boring, or repetitive, the other lions quickly swat him in annoyance...

The more a cub seeks new skills, and the better a cub makes this game a fusion of creativity, acquisition, intensity, repetition, efficiency, variation, sensuality, emotion, intuition, and letting go at just the right time, the more that cub prospers...

Come out of the program for a moment...

This lion's game is in itself more than most people grasp of the powerful learning process during their whole lifetimes....

Successful tantrics begin here, just like the lion cubs in the program, acquiring new skills by becoming simultaneously absorbed in themselves and in the world outside them. They use all the methods the lion cubs do, but with the goal of discovering their place in nature, but also their conscious relationship to the Absolute, the Universal.

Tantrics seek one-pointed absorption in the Absolute, while enjoying their lives in this world... liberated while in this body, constantly playing (leela) with passion, creativity, sensuality, and intuition...

How can YOU achieve this feeling?

Pick one tantric practice... Playfully integrate a that practice with your everyday life. Make it a part of eating, shopping, watching tv, working, relaxing, loving, or exercising. Then, all week, play with variations. Just like the lion cubs, practice constantly while giving yourself the freedom to have fun, to play, to enjoy, to improve, to integrate.

Connect your practice with extraordinary experiences, emotionally, intuitively, sensually. Make it a part of your daily life... Keep playing and growing.

Soon everything becomes a sadhana (spiritual practice)... Eating, sleeping, making love, cleaning, negotiation, going to the movies, everything...

It's simple when you play our way, a little at a time, relentlessly and joyfully...

The Dalai Lama smiles at every person he encounters. If they don't smile back, he smiles again. It's simple, playful, powerful, without attachments...

Smile, breathe right, and keep your tongue up!

Your Friend,

Tao Semko of UmaaTantra.com

P.S.

To "get" the principles and techniques of the tantric path, look

here:http://smashanpress.com/laya_yoga_chakras_nadis_esoteric_anatomy.html

Filed under: [Uncategorized Comment \(0\)](#)

VIDEO TANTRA TIP #1: RELAX AND BALANCE YOURSELF

Relax and Balance Yourself:

Alternate Nostril Breathing

Slow, deep,
alternate nostril breathing
improves mental,
sexual,
and physical performance.

For a More Centered Mind

Greater Longevity & Endurance

Easy Meditation

Hightened Awareness and effortless control

During meditation, work, sport, and sex

3 to 5 minutes is enough, but you can do more, gently.

Do it when you wake.

Do it before you sleep.
Do it before you meditate or
before you might make love.

You will sleep better,
think more clearly,
last longer in bed, effortlessly,
and enjoy the effortless flow of pleasure and subtle energy
that comes from clear meridians and smooth, slow, deep breathing.

It's great for men
great for women
great for children and teens.

Breathe smoothly, deeply, and slowly, and smile!

Tao Semko, Instructor
www.UmaaTantra.com

POSTED BY UMAATANTRA.COM AT [10:38 AM](#)

of www.UmaaTantra.com

BLISS ARISES SPONTANEOUSLY

"The function of Tantra and Aghora is to put the government of mind, senses, and body into the proper order to avoid misery. Life minus misery for a prolonged period produces satisfaction, which yields happiness; and when happiness is increased beyond all conceivable limits and is sustained it becomes bliss, what the Vedas call ananda. Sadhana is a means to this end. When Kundalini awakens, if body, mind and spirit are in good working order bliss is certain.

Bliss is not something you have to create, or accumulate; it arises spontaneously."

--Dr. Robert Svoboda, recalling the words of his teacher, in his book Kundalini, second book of the Aghora trilogy

Labels: [aghora](#), [ananda](#), [kundalini](#), [robert svoboda](#), [tantra](#)

TANTRA WITHOUT TECHNIQUE

As Tantric yogis, we teach ourselves to do amazing things with our bodies. We explore how our bodies work first through solitary practice and then in society.

But anyone can experience lovemaking and all of life more deeply, even without the deep training of authentic tantric yoga. Here's how:

At least once in your life, decide to just *feel* everything as you make

love. Ignore technique, position, orgasm, showing off, and the like.
Close your eyes and relax them, slow way down, and feel everything.
Everything. The air on your skin, the sound vibrations in the air.

Slow down, down, way down, and become aware of how your bodies feel,
all over again. Explore by touch, not mental image. Forget everything
you think you know, and just slow down.

Slow down. It's that simple.

Relax, slow down. Slow way down. Slow your movements enough to feel
every hair, every pore, every glorious impression and perfect moment.
Touch so slow you're barely moving. It's not teasing. It's just
feeling. Feeling and responding.

Feel every sensitive membrane and patch of skin. When you slow down
like this you feel things you've never noticed before.

Slow Way Down. Barely move.

Slow your breathing down, too. Breathe down all the way into your
toes. Breathe smoothly. Enjoy the oxygen. Breathe slower and deeper
than you have since you were a baby.

So slow you're almost not moving. Remember the first attraction - and
the first love - you ever felt for your partner, and feel them warming
you all over again. Since you're moving slowly, you'll find those
feelings will amplify.

Feel every hair on your body stand on end as the warmth and desire
builds... Feel each pore breathe that desire and love in and out as
your touch awakens it.

Feel all the parts of your body that you may not have thought as
sexual. They come to life too, and become brand new erogenous
zones.

Disappear into the slow, slow, slow, awareness -- of each other's
liquid bodies...

Prolong your inhalation and exhalation, smoothing out your excitement
or nervousness into long, languorous breaths... Slow down even more...

Explore by feeling, without thought, without time, notice your body
and sensation interacting with your partner's touch, and notice your
partner's skin, electricity, and breath as they react to your
touching, to your feelings.

Technique is only one way. Awareness, sensation, love, laughter,
attraction can be spontaneous if you both relax enough...

Sex is more than you think. So stop thinking. Try breathing.

Try feeling... Try slowing down. Try enjoying. With emphasis on the "joy."

Smile, breathe, and keep your tongue up!

Tao Semko

VERY SPECIAL CIRCUMSTANCES...

I wanted to share, with gratitude, an extremely powerful email we got from Canada last month when I asked for reader feedback. I've removed her last name only to respect her privacy. I want to thank her for opening her life and heart in an effort to help others... It begins:

Dear Tao Semko,

In regard to your request for my opinion on the biggest benefit your tips etc. have given me. ♦ First of all I will explain my situation so you can get a better perspective and may help others who are in the same boat as I..

My husband and partner is a quadrapalegic due to a truck accident 3 years ago. So as far as a sex life is concerned, there isn't any, he is paralyzed from the chest to his feet... ♦ I am 53 years young, I work out so have a decent physique, So in order to find some sexual gratification, without being unfaithful to my husband..I went on a search to see if there was anything out there for one without a partner..Enter Umaa Tanta..

I wrote to you about 2 years ago asking that question.. and your tips started coming in..I have followed them faithfully. ♦ But the one huge benefit was,,Learning so much more about the Female body. I thought i knew most things, little did i know just how naive i was..

In my entire life i have never experienced an orgasm, clitoral or full body, following your tips and knowledge was an absolute breakthrough for me on a personal level... ♦ I have been in your website many times and if anyone who finds themselves in my situation for whatever reason, be it thru ♦ a disability or alone, I completely recommend your website and all that you have to offer.. ♦ I am no one special, I am just an ordinary woman, wife, mother, and grandmother.

Finding Umaa Tantra and learning what I have, it may sound strange, At the beginning of all of this I weighed 220 lbs, ♦ used to be 130lbs at one point in my life...I am now 145lbs.. ♦ I am no expert on weight loss or gain. But i truly believe for me, being able to release

orgasmically was a huge factor in my weightloss. when the loss began , i started to work out at a local gym..

What a huge difference in my life now..Sex wasn't one of greatest things throughout my life, most experiences i have had with sex left me hating it most of the time, like i am sure most women feel, statistics have proven that, everyone should take lessons in Tantra. I did, and it has transformed my life..the sad part is, I can't share it with my husband, so wished i had found you many years ago..

One burning question is: Why isn't it more available in Canada??? thank god for the internet..As i am shy about even discussing sex outside the bedroom, I found this way was and is alot easier for me to explore everything about a womans body and how it functions..I had always asked myself what the big thing was about orgasms..never experiencing one, thought if that is all there is to sex, I must be missing something.. Well I was, and am very pleased I found it, But it isn't all about sex either..Its all about helping the mind, body and spirit work together as one..

Thank you for asking me to participate in this opinion poll..

Peace, Love , Light and Laughter

Colleen W.

Dearest Colleen,

If you are reading this, thank you. I still have that email you wrote two years ago.. I'm sure I speak for all of the readers when I say I appreciate your bravery in showing how tantrism can help anyone with the genuine desire to experience the fullness of life and spirituality, whatever their beginning circumstances.

As you've understood, Tantra begins exactly where you are. Tantrics are just ordinary people who learn to bravely explore their own human nature, beginning with the most human of experiences.

Sex is at the very base of our awareness of what it is to be human. Therefore, tantrics inwardly embrace sexuality as a very real part of our re-linking with that which is bigger than us all. Tantra is not all about sex, but Tantra embraces and uses every form of human experience to bring us closer to our deepest, most universal nature...

Colleen, let me thank you again for your courage -- if you'll send me your mailing address, allow me to send you several UmaaTantra DVD's... viewing these materials should help you understand how to share much more than you think possible with your husband. If you' want

specifics right away, just email or call and I'll explain.

--Tao

That's it for this Q+A. More great letters will follow.

Remember, tantra means experiencing the universal, or divine, within everything mundane life offers. If learning Tantra's methods intrigues you, investigate our products. Look a little deeper at what we offer. You never know... two years from now it just may be you writing us to say how your life has changed for the better, just like Colleen did here today! It's very brave, and we thank you in advance...

Smile, breathe right, and keep your tongue up!
Tao Semko of www.UmaaTantra.com

P.S.

A great place to start understanding the Tantric view, from the privacy of your own bedroom, is right here:

<http://www.umaatantra.com/order.html>

POSTED BY UMAATANTRA.COM AT [5:56 PM](#)

DID YOU MISS THIS?

It seems that this past month the email filters were more brutal than usual. I received a number of urgent emails about missed issues of Tantra Tips.

Even though you subscribed to these emails, your email program may be depriving you of their content. You may not have received them all. If you could just help me by doing the following simple steps, it may just keep us "connected."

Please "whitelist" our email address, info@umaatantra.com, by adding it to your email program's address book, and by creating a special folder named " UmaaTantra.com " just for our correspondence. I'm told that AOL users even have a special "whitelist" function they can use that instantly classifies hot broadcasts like Tantra Tips as "rush delivery" while continuing to screen out the "riff-raff".

If you missed the previous announcements, hopefully this "sanitized message" will reach you:

We've posted a full schedule of upcoming South Florida Workshops here, including one with the legendary Dr. Glenn Morris:

http://www.umaatantra.com/events_calendar.html

Don't forget to whitelist us, and then keep your eyes peeled: re-broadcasts of last month's Free Tips are headed your way,

along with new ones...

Smile, Breath Right, and Keep Your Tongue up! Tao Semko of
www.umaatantra.com

P.S.

Tomorrow (Saturday) is the last day for "early bird" discounts on
the Mantra Secrets Workshop on the 18th:

<http://www.UmaaTantra.com/mantra.html>

EVERYDAY SAMADHI?

The goal of yogic practice is the absorption called samadhi. Yoga means union, and samadhi means, literally, "to place together".. Real yoga begins with samadhi. Postures, breathing, concentration, meditation, ritual, or tantric lovemaking -- these are just means to an end. But what if I told you that you already experience samadhi hundreds of times a day? Confused? Here's a great explanation from Dr. David Frawley (Pandit Vamadeva Shastri):

"Lesser and Greater Samadhi

We are all pursuing samadhi or absorption in one form or another. There are not only the higher yogic Samadhis but ordinary Samadhis.

We are only happy when we are so engrossed in something that we forget ourselves because the separate self is sorrow. Samadhis are peak experiences in which we become lost in the object of our perception.

Being inspired, enraptured in music, engrossed in a movie, or lost in a sexual experience are all lesser Samadhis.

Yoga teaches that there are five different levels of consciousness (Chitta):

- 1) deluded (mudha)
- 2) distracted (kshipta)
- 3) imaginative (vishipta)
- 4) focused or one-pointed (ekagra)
- 5) calmed (nirodha)

Samadhis exist on all five levels of consciousness, but Yoga as a spiritual discipline is only concerned with Samadhis of the last two levels, which are purely Sattvic (spiritual) in nature.

These are arrived at through the development of our higher awareness and are under the control of our deeper intelligence. They are the greater or the yogic Samadhis.

Samadhis of the one-pointed mind involve the use of an idea or support, from contemplating an object in nature to reflecting on the nature of ultimate Reality. They are focused on a particular object that may be external or internal.

Here the mind consciously gets concentrated in the object and its underlying cosmic truth is revealed.

Yogis use this type of Samadhi to uncover the secrets of the cosmos and the psyche. These are an extension of the methods of Pratyahara, Dharana, and Dhyana that we have already discussed.

Samadhi of the calmed mind is beyond all objects and thoughts and involves stilling or silencing our consciousness on all levels. This type of Samadhi is necessary for transcending the outer world and for Self-Realization.

Generally one must develop the Samadhis of the one-pointed mind in order to develop those of the calmed or silent mind.

The lesser or non-yogic Samadhis are transient in nature and cannot permanently bring peace to the mental field. They occur when the unpurified mind comes under the temporary domination of one of the three gunas and through this merges back into its core (Chitta), which is the level of the gunas.

When one guna prevails there is an absorption in that guna. but in time the other gunas must assert themselves and the Samadhi comes to an end. These lesser Samadhis are outside the control of our awareness and depend upon circumstances.

Such lesser Samadhis are the main cause of mental disturbances because they breed attachment and cause addiction to them."

--Dr David Frawley (Pandit Vamadeva Shastri) in "Ayurveda and the Mind"

[See this book on Amazon.com](#)

WHAT IS TANTRA?

What is "Tantra?"

Try to blithely define Tantra and you'll quickly make yourself a liar.

A "tantra" may be a spiritual practice for achieving "expansion to liberation." (it may be a ritual or meditation)...

A "tantra" may be any practice of material transformation or spiritual alchemy...

A "tantra" may be a mundane practice of magic, a talisman, or a totem, used for wealth, power, domination, or protection, or soothsaying...

It may be a scripture or treatise enumerating any of the above types of tantric practice. Most such writings date from 500 AD on to the present.

A "tantra" may be a strictly oral teaching of either mundane or spiritual practice. Many of these oral teachings date back several thousand years, and are reflected by sculpture, pottery, friezes, paintings, and ritual implements from as far back as 7000BC...

Tantric practice may be highly ornate, with much external ritual paraphernalia, or it may be completely inside the mind, completely internalized as a visualization or awareness beginning with a specific focus.

Some tantra does involve the use of "forbidden" substances - alcohol, flesh, intoxicants - but these are used within the context of specific rigorous practices, and should not be taken as excuses for debauchery.

Some tantra involves the use of mantra (sound resonance) and yantra (visual resonance), but not all...

Some tantric schools view existence as "duality" ("I and Thou") others as "non-duality" ("i am that i am"). Some are polytheistic, and some are monotheistic, some are not theistic at all.

There are tantric teachers (for instance, some teachers of Samaya Tantra) who will tell you there is no sex in real tantra. There are tantric teachers who will tell you tantra is only about sex. Neither group is right.

Most tantra works with "sexual" energy, but this may be on the macrocosmic level of natural, universal forces of creation and destruction, or on the interpersonal level of human sexuality (whether physical sex, or visualized "divine" intercourse), or even on the microcosmic level of the polar (male/female, solar/lunar, yang/yin) forces within the individual human body. In the most powerful practices, tantra may be all of the above...

There are practices developed only in the last 40 years, classified as "Neo-Tantra", "Modern Tantra" or "New-Age Tantra". Some make valuable contributions, in that they can improve physical and emotional health through loving sexuality, but they lack many of the higher spiritual benefits of traditional tantric practices, and in some ways further obscure the power and meaning of these traditional practices. But Tantra has many millenia of history of this sort of obscuration -- dilution and syncretism are nothing new.

Any one of the above characterizations of tantra, taken individually, is only half-truth.

We explore them all intimately in issues of Tantra Tips and in UmaaTantra's Tantric Inner Circle.

Keep your eyes peeled for more, and smile, breathe right, and keep your tongue up!

Tao Semko of www.UmaaTantra.com

HOW TO MEDITATE WHILE MAKING LOVE...

I've been asked this question three times today, so it must be time to write this tip:

The same keys that can make real tantric hatha yoga, qi gong, and seated meditation so powerful turn ordinary lovemaking into tantric practice...

1. Relax, be still for a moment, and deepen and steady your breath, breathing with your belly (diaphragmic breathing). Be sure to breathe in through your nose.... Relax...
2. Relax more, and steady and relax your eyes. Whether your eyes are open or closed, find a still point where they can rest, focused, but relaxed...
3. Relax, and deepen your breathing some more. Smile, remember for a moment the joy of your very first truly loving embrace, and allow that feeling to fill you again. Relax, let the memory go, keep the joy, and be joyfully aware of yourself with your lover, right now. Relax. Breathe and simply be aware, free from thought of "should" or "could", and merely aware of what is, this moment, now...
4. Make love as you wish, and now steady your mind like you steadied your eyes. Find an internal point of awareness, and settle your mind here, keeping this internal point of tranquility. Don't ask how, simply let yourself be there. Even as you are aware of your external arousal, your attraction, keep this point of stillness within you, within the dynamic movement of your breath, your writhing bodies, and the electricity of your attraction. (The center of your lower abdomen - the "hara," or lower dantien - is safe place to abide...)
5. love and play and play and love again, relaxed, and steady of mind and breath, until you can find balance in movement and stillness, between softness and vigor, between arousal and fulfillment, between stillness and motion...
6. Become aware of that tranquility within your lover as well...
7. ultimately, remain in the relaxed, joyful, internal tranquil abiding, regardless of the tempest of your whirling flesh, and let your mind become clear of conceptual grasping, fantasy, and any attachment to what you think tantra "should be"... simply feel what is... all the pleasure and attraction of material existence, but all of the stillness and tranquility at the heart of it all, it's innermost nature...

... until you become still within your ecstasy, and come to experience not just the imperfect, incomplete longing for the union of your physical bodies, but the union of bliss and emptiness itself... your own, and that of all sentient beings!

For every student, there is a teacher.

Keep in touch!
Smile, breathe right, and keep your tongue up!

Your Friend,
Tao Semko of www.UmaaTantra.com

P.S.
To learn more about lovemaking and tantra, experience Dinu Roman's [Secrets of Tantra](#) Seminar on DVD with bonus pictorial supplement!

FRANK TALK ON SPIRITUALITY FROM SANTIAGO DOBLES...

"Some Tantric traditions say it takes many incarnations to achieve the highest state of enlightenment. In my honest opinion, I think they do this to only to maintain the spiritual power structure and to abuse the teacher-student relationship.

Some Buddhist and Qi Gong Masters have openly admitted that it only takes 30 to 60 days to achieve Kundalini Awakening and base level physical Enlightenment. Of course there are many meanings of enlightenment. But the bright halo around the head, some of the Paranormal chi powers, and healing of others can be easily learned and achieved within 30 days if you have the right guide (Guru) and the right attitude and willingness to learn and to drive forward.

Here is the honest truth: You are as beautiful, spiritual, powerful, blissful and as enlightened as you give yourself permission to be! We are all Buddhas. Now with this said you must remember The Law of Cause and Effect, and that with great power comes great responsibility.

Here are a few simple, powerful internal techniques that speed up your process towards self realization and towards always maintaining your enlightenment..."

Excerpted from "RAJA YOGA, BUDDHIST & TAOIST MEDITATION SKILLS" in Chapter Four of Santiago Dobles's "Secrets the Gurus will Never Show You" http://www.UmaaTantra.com/guru_secrets.html

Smile, Breathe Right and Keep Your Tongue Up!
-- Tao Semko of [UmaaTantra.com](http://www.UmaaTantra.com)

P.S.
Only 9 days left to register for the "Secrets of Sexual Tantra" Workshop before the rates go up 30% or more!...The Seminar is February 11 and 12... just in time for Valentine's... so register now!

http://www.umaatantra.com/tantra_workshop.html

At the workshop, you'll learn practical ways to change your breathing, awareness, pleasure, lovemaking attitudes, and more, along with the real sexual positions used in authentic Kaula rituals, and

why the positions of the Kama Sutra aren't really tantra at all! Once more, that link is http://www.umaatantra.com/tantra_workshop.html

'DESIRE AND PASSION...'

'Moralists talk about controlling, reducing, destroying desires and passions, while fanatics take action by destroying the impassioned, but no one can go through life without feeling the devouring substance of desire and passion. Why do these jolts cause us so much suffering? Why, after living through them, do we often return to the state of hibernation? Why do we agree to pay the exorbitant price that society demands of the impassioned? Is there not a fundamental error in the way we orient our lives? Why does our ideal not correspond with our deep intuitive knowledge? Why do we accept that wonder and marvel should no longer be fundamental qualities of our lives?'

-- From *Desire: The Tantric Path to Awakening*, by Daniel Odier.
To read more about this book, feel free to follow this link to Amazon:
<http://tinyurl.com/b6vyq>

Smile, breathe right, and keep your tongue up!
Tao Semko of www.umaatantra.com

P.S.
Experience real tantra for yourself this February 11 and 12th!
http://www.umaatantra.com/tantra_workshop.html

'SIDDHIS AND SELF-REALIZATION...'

THE STATE WE CALL REALIZATION IS SIMPLY being oneself, not knowing anything or becoming anything. If one has realized, he is That which alone is, and which alone has always been. He cannot describe that state. He can only be That. Of course we loosely talk of Self-realization for want of a better term.

That which is, is peace. All that we need do is to keep quiet. Peace is our real nature. We spoil it. What is required is that we cease to spoil it. For instance, there is space in a hall (room). We are not going to create space anew. We fill up the place with various articles. If we want space, all that we need do is to remove all those articles and we get space. Similarly, if we remove all the rubbish from the mind the peace will become manifest. That which is obstructing the peace must be removed. Peace is the only Reality.

--Ramana Maharshi, on Self-Realization. Self-Realization is greater than all siddhis (manifested supernormal abilities/ miracles) produced through transformation or devotion, and more important than any intellectual grasp of Ramana Maharishi's Advaita Vedanta philosophy.

Smile, Breathe Right, and Keep Your Tongue Up... Then answer the questions, "From where did this breath arise? Where does hang?"

and where wil it go?" This is the direct method!
Tao Semko of <http://www.UmaaTantra.com>

LOWER VS. HIGHER TANTRA, PART 1

Lower tantra: Transformative practices which integrate your physical and energetic bodies. These include hatha yoga, "tantric sex," kriya yoga, laya yoga, tibetan trul khor, taoist and buddhist qigong, and more.

Each of those practices includes relaxed controlled breathing, postures, physical sensitivity practices, internal muscle contractions, sexual techniques, mental and emotional attitudes, and awareness of the subtle anatomy (energy centers, channels, and vital breath). They are designed to increase your awareness of your subtle energy body, to teach you to manipulate, balance, and amplify the subtle energy in the body, and to safely "arouse kundalini sakti."

Skeptical? In biological terms, you are learning to...

(for the rest of this tantra tip, follow this link):
http://umaatantra.com/what_is_lower_tantra.html

'HIGHER VS. LOWER TANTRA, PART 2'

Higher Tantra is made up of the practices which re-link you directly with the divine - the divine within you, the divine within the manifested universe, and finally the ineffable Absolute.

Higher Tantra involves the use of the "higher" bodies: (bliss body, wisdom body, and causal body in Hindu Tantra, or in tibetan tantra, the bliss body and primordial body).

Some common (and frequently misunderstood) examples are Golden Body visualizations; Yidam practice in Tibetan Tantra; meditations on Sri Yantra in Hinduism; meditations on emptiness in Chan, Zen, and Dzogchen; skygazing; the Mahavidya yogas in Saktiism; meditations on the Sacred Heart in Catholicism; or hridaya in Kasmir Saivism; on the Sephiroth in Cabbalah; and the Mother Tantra in Tibetan Bon.

Smile, breathe right, and keep your tongue up!
Tao Semko of www.UmaaTantra.com

P.S.

Don't let this opportunity slip away! Your chance to get discounted admission on the February "Secrets of Sexual Tantra" seminar will be gone in just two and a half days...

Register Now at http://www.umaatantra.com/tantra_workshop.html !!

'SECRETS OF TIBETAN PHOWA....'

Phowa (pronounced po-wa) is a Tibetan Tantric meditation that can give you Realization (i.e. "Enlightenment"). It is translated as "transference of consciousness"... Tibetan tantrics use variations of Phowa everyday.

Here's one very powerful version for you to try. Like most tantric meditations, it works best if you use your 5 sense senses together with your imagination:

(Note: Always get your physician's All-Clear before beginning any regime of exercise, deep breathing, or using powerful meditation techniques like this one!)

Sit upright and relaxed in any seated meditation posture, breathing deeply and evenly with your abdomen. Close your eyes if you need to. Touch your tongue to the roof of your mouth.

Advertisement: Only 5 more days of deep registration discounts on UmaaTantra.com's "Secrets of Tantra" Seminar Workshop... Go to http://www.UmaaTantra.com/tantra_workshop.html to save now!

Using imagination and your senses, feel your body dissolve and replace it from above with a radiant, beautifully glowing "divine" body. Inhabit that radiant body and remain with that feeling for a few moments.

Now dissolve the "divine" body and replace it from above with a larger, even more radiant body made of pure light. Repeat this step 3 or 7 or 9 times, experiencing your awareness of each radiant body before you dissolve it.

Lastly, again generate a radiant, divine body from above, perhaps even larger this time. Remain within it and experience the radiance for a few moments, then dissolve it. What remains?

Experience this Reality without form.... (Where are You? Who are you? Are you the physical body? Are you any of the Divine Bodies? Or are you really that which remains - primordial consciousness, that which permeates even empty space, the Absolute, the universal. Hindu sages call this Atman -- the "Self." Buddhist sages call it An-atman -- "No-self." The difference is just semantics. Both speak of the same primordial nature...)

Now, remaining in the awareness that you are that, come back to the visceral experience of your physical body, firmly planted in physical reality. Your real self nature can be experienced here, too, in everyday existence, because It permeates all things.

Repeat the meditation as often as you like, to remind you of your own

real Nature.

Precautions:

Remember, get a medical checkup before you make any life change, including beginning meditation. If you ever feel unwell while using tantric visualizations, stop and contact your physician to determine if there is an underlying health issue. If your doctor gives you a clear bill of health, contact a realized, experienced meditation teacher for pointers. We're only an email away...

If you feel a little lightheaded or spacey, but your doctor says you're in good health, you can always stop and ground yourself for a bit, by walking, or massaging your glutes, your feet, or the nerve endings in your sacrum, or simply visualizing yourself as a tree and breathing through roots extending deeply into the ground... if the feeling persists, call your physician just to be sure...

P.S.

Having trouble with the meditation? Don't worry about doing everything perfectly. Trust instinct, just let go and try it a few times with no thinking... just feel and visualize. Then, if you still have trouble...

email me at info@umaatantra.com with the specifics... I'll post solutions for you in an email later this week...

P.S. #2

For a real treat, learn to do the above exercise while making love with your lover! This is real tantra! Learn this and much more at our Seminar this February 11th and 12th:

http://www.umaatantra.com/tantra_workshop.html

HAPPINESS IN ALL OF YOUR CELEBRATIONS...

Best wishes and happiness from all of us at UmaaTantra.com!

In the hustle and chaos of the holiday season, may smiles well up from within you and reflect from all beings... There is no simpler or more powerful way to both celebrate and find peace in the chaos.

"When I see a stranger, person, on the street, I smile. If he smiles back, I smile again. If he does not smile back, I also smile again... And so, maybe, he also will smile..."

-- Tenzin Gyatso, the 14th Dalai Lama

"GUARDING THE AUTHENTICITY OF ONE'S BEING..."

"Commitment plays a role in Mantra teaching, and especially in the Tantric discipline, when, having obtained the initial confirmation, one does not fail in one's commitment to look upon the world as a

divine mansion and upon all beings as gods and goddesses. In the highest application of commitment one should try to live in such a way that the unitary experience does not fall to pieces, one never becomes separated from service and attention, one partakes of spiritual nourishment, one retains its mystic character, and one guards the authenticity of one's being."

--Naropa, in his "Naro Chödrug" (the Six Teachings of Naropa).
11th Century C.E.

"MAKING LOVE TO LIBERATION..."

"With his head resting between her thighs, the adept drinks deeply from the Source of Life. Above, the goddess causes his power to grow and transform into Buddha-fields within her mind. Below, the Adept endows each Wave of Wisdom with his means. Each meditating on the transcendental experience of non-duality, the confluence of rivers swells and bursts its banks; there are no limitations anymore."

-- from the Chandamaharosana Tantra, somewhere between the 7th and 12th century C.E.

Note: The excerpt above reflects the non-dual, or contemplative practice of sexual tantra. In this practice, the partners begin with an awareness of the Oneness of all things, and this awareness only intensifies and becomes absolute through the Great Union of lovemaking.

For yogis who have not yet experienced this powerful awareness of oneness, there is also the bhakti, or devotional lovemaking practice, which begins from the feeling of separateness, and through transfiguration of the lover into an aspect of Divinity (Oneness), absolute identification with the lover's divinity leads to the personal experience of Union, or non-duality.

The secret attitudes and methods of this devotional practice are explained in depth in Dinu Roman's "Secrets of Tantra" Seminar DVD's. You can read more about them here:

http://umaatantra.com/tantra_secrets.html

P.S.

There will also be a Seminar here in Miami on February 11th and 12th on the sexual attitudes and practices of authentic Tantrism. Not the watered-down new-age stuff. The real thing.
Watch here for more information.

"UNWAVERING THOUGHTS AND BREATH.."

"He should retain the breath and contract the lower stomach. Visualizing the Divine Buddha Chandamaharosana in union with the Goddess Wisdom-Energy, he should press his heel against the base (the scrotum) and his tongue against the roof (the palate). By concentrating his unwavering thoughts and controlling his breath, he will prevent the semen from moving outward. Thus he should practice the Yoga of Liberation."

-- from the Chandamaharosana Tantra, somewhere between the 7th and 12th century C.E.

"THROUGH DIRECT EXPERIMENTATION..."

"There is no body of traditional literature that has suffered such widespread criticism, from Western and Eastern scholars alike, as the Tantras, due mainly to their highly esoteric character which made it impossible for non-practitioner scholars to obtain adequate information of their true content and to have a deep understanding,

through direct experimentation, of their teachings.."

--Dinu Roman, in his essay "Tantrism, an Overview"

"WONDERMENT IS THE KEY!"

"It is easier to get enlightened than to stay enlightened. More people have profound spiritual experiences than most realize. Having momentarily intuited or recognized who and what one truly is (Reality itself, things as they are, unmediated by thought), habitual dualistic propensities do tend to resurface, obscuring that fundamental existential insight and openness. One's intrinsic clarity and innate wakefulness is again shrouded by, and prey to, the winds of karma, the storm of emotionality and delusion. As a catalyzing agent, deep continuous meditation and uncompromising self-inquiry is the great highway to wisdom and transcendence. Wonderment -- wondering about everything -- is the key."

--Lama Surya Das, in "Crazy Wisdom and Tibetan Teaching Tales Told by Lamas"

Smile, Breathe Right, and Keep Your Tongue Up!
Tao Semko of UmaaTantra.com

P.S. Santiago Dobles's "Secrets the Gurus will Never Show You" reveals the full progression of attitudes and techniques that yield enlightenment... You just might want to get yourself a copy:

http://www.umaatantra.com/guru_secrets.html

"WHEN WE ARE REALLY INTERESTED IN SOMETHING..."

"The fierce form of the Divine energy exists within us as the power of transforming heat (Tapas). Tapas is sometimes translated as asceticism. More properly it is a heightened aspiration that consumes all secondary interests and attachments. When we are really interested in something we naturally lose our attraction to other things. Tapas is this real interest and profound absorption in the spiritual life that causes us to no longer want anything else. Tapas is the heat of spiritual inquiry and aspiration which causes us to discard all that is non-essential in life."

-- from "Tantric Yoga and the Wisdom Goddesses - Spiritual Secrets of Ayurveda", by Dr. David Frawley.

Smile, Breathe Right, and Keep Your Tongue Up!

P.S.
Realizing non-dual awareness, why not live your relative existence in prosperity, health, and happiness?
<http://www.UmaaTantra.com>

"HIGHLY RESPONSIVE TO THE MIND..."

"To clairvoyant vision, the subtle body appears as a radiant, shimmering energy field that is in constant internal motion and is crisscrossed by luminous filaments, or tendrils. Unlike the physical body, which appears solid and stable, it is neither compact nor rigid. Although it contains regions of relative stability, the subtle body is highly responsive to the mind and reflects a person's changing mental states quite faithfully.

The most stable structures of the subtle body are known as "wheels" (chakras) or "lotuses" (padma) because of their circular form and whirling motion and also because of the way in which the prana currents terminate at or issue from them. These major configurations of our "subtle anatomy" are especially responsive to mental manipulation and therefore are often made the focal points of meditation and visualization."

--from Tantra: The Path of Ecstasy, by scholar Georg Feuerstein

Smile, breathe right, and keep your tongue up,
Tao Semko of UmaaTantra.com

P.S. A big thank you to all our friends who took advantage of the tremendous savings of our holiday sale, which ended last night. Enjoy your purchases and enjoy a warm, wonderful holiday season!

"THE FULLEST POSSIBLE ACCEPTANCE..."

"Tantra is a creative mystery which impels us to transmute our actions more and more into inner awareness: not by ceasing to act but by transforming our acts into creative evolution. Tantra provides a synthesis between spirit and matter to enable man to achieve his fullest spiritual and material potential. Renunciation, detachment, and asceticism -- by which one may free oneself from the bondage of existence and thereby recall one's original identity with the source of the universe - are not the way of tantra. Indeed, tantra is the opposite: not a withdrawal from life, but the fullest possible acceptance of our desires, feelings, and situations as human beings.

Tantra has healed the dichotomy that exists between the physical world and its inner reality, for the spiritual, to a tantrika, is not in conflict with the organic but rather its fulfillment. His aim is not the discovery of the unknown but the realization of the known, for 'What is here, is elsewhere. What is not here, is nowhere' (Visvasara Tantra); the result is an experience which is even more real than the experience of the objective world."

-- from The Tantric Way: Art, Science, Ritual; by Ajit Mookerjee and Madhu Khanna

Smile, Breath Right, and Keep Your Tongue Up!
Tao Semko of UmaaTantra.com

"HOW TO BREATHE YOUR WAY TO RELAXATION IN JUST 4.5 MINUTES!"

If you need to relax, try this right now. For greater physiological relaxation, try closing your eyes and aiming them gently downwards as you breathe.

1. Inhale through your NOSE for 5 seconds.
2. Hold your breath (gently) for 10 seconds.
3. Exhale gently through your MOUTH for 15 seconds.
4. Repeat nine times.
5. Then breathe normally.

If you have any health conditions, check with your physician before doing this or any breathing exercise. Even gently done, long breath holds may be inappropriate during severe hypertension, pregnancy, etc.

Infants, yogis, and tantrics actually use the muscles of the pelvic floor as a second breathing diaphragm. They breathe more with the pelvis and abdomen than with the rib cage. Discover how and learn other simple secrets for a happier living by getting the first two Tantric Inner Circle Practice Sessions:

Healthy Breathing, Bone Strength, Dynamic Rooting, and Total Relaxation: http://www.umaatantra.com/practice_session_01.html

and

Secrets of Subtle Energy Awareness and Cultivation:
Skull Shining and Secrets of Breath Meditation:
http://www.umaatantra.com/practice_session_02.html

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Tao Semko of UmaaTantra.com

P.S. Remember...every product on the site is on sale until Monday...
See our products page for details:
<http://www.umaatantra.com/products.html>

"A SIMPLE 3-MINUTE TANTRIC EXERCISE THAT ANYONE CAN DO..."

Remember that tantra is transformation. The following is a simple 3-minute tantric exercise that anybody can do...

http://www.umaatantra.com/3_minute_tantra.html

Smile, Breathe Right, and Keep Your Tongue Up!
Tao Semko of www.umaatantra.com

"SELLING THE DHARMA?"

People often ask us about selling spiritual knowledge..."selling the dharma."

Understand that the real dharma, the real spiritual knowledge, by its very nature, cannot be sold. The real spiritual knowledge is realization, enlightenment, Oneness itself. And truly, that cannot be sold. But the knowledge of techniques, and the dramatizations of attitudes that can lead to this realization -- these have always been sold, whether by barter, monetary payment, or a simple exchange of smiles.

All exchange is karma - the action of duality. Karma is action and re-action. Eating is exchange, breathing is exchange. Exchange is the mode of manifested reality. The Oneness that permeates and pre-exists everything created Exchange and Duality. And that Exchange and Duality will eventually merge back into Oneness.

Even realized teachers of tantra, yoga, qi gong, martial arts, must eat & shelter ourselves, enjoy and suffer the

changes of existence to some extent, as long as we are manifested, physical, apart, separate. Physical bodies are always partly bound by the dual limitations of time and space. We too must live with the results of former actions while choosing actions here, now and in the future. Physics and spirituality both tell us so.

All of our choices of commerce, and yours - be they barter, money, or exchanges of emotions or experiences, are an expression of our individual choices for this body and this set of experiences, within those dual limits of space and time. Only in non-dual awareness can we see what lies beyond (and within) the endless exchanges of karma.

So as teachers and authors, we do sell explanations of techniques, and dramatizations of attitudes, because our limited bodies spend our limited time and space tirelessly researching and exploring these techniques and dramatizations, living them, experimenting with them, dancing with them, and giving them back to our students and teachers...

We do sell you books and videos with wonderful techniques and attitudes.

These valuable techniques and attitudes can help you notice the true spiritual knowledge that is already within and around you, manifest and unmanifest. But no one can sell you the deeper knowledge that comes from your own practical experience with those techniques and dramatizations. You must realize your own experience of the One:

A builder's tools and techniques are precious; they help to assemble, to repair, and to dis-assemble the house, but it is the House that provides shelter and security.

Atlases and Maps are precious -- they help you find the way, but they cannot replace the journey itself: maps are not the land you will travel, the beings you will meet, they are not the beginning, nor the destination, nor the impulse to go.

Dramatizations and Descriptions of Attitudes and Emotions can help you to notice your own experience of security, bliss, compassion, or emptiness... We can sell you the best dramatizations and descriptions, but you must explore take those descriptions, explore the attitudes, you must observe your emotions and their origin, and then you will experience the fruits - the real spiritual knowledge.

The techniques and attitudes in our books and DVD's can be bought, sold, exchange, elicited, because they exist within Manifestation, within Duality. Tantra takes these dualistic techniques and attitudes and uses them to have the experiential realization of the Absolute Oneness which permeates all things you could ever experience. Real spiritual knowledge is the direct experience of the Absolute.

And the Absolute Simply Is.

How could it be otherwise?

But does there exist within You the Impulse to take our dualistic tools, to use them, to make them your own, to expand Your Awareness into Liberation...?

(Tantra = "Tan," from sanskrit "tanotti" or "expansion of awareness", +"tra," from "trayotti" or "liberation")

So here we are, when you're ready...

Smile, Breathe Right, and Keep Your Tongue Up!

Tao Semko of <http://www.UmaaTantra.com/products.html>