



Sex VERSUS Tantra

Sex without that energetic heart connection is not enough. ʘ



By Diane McCann Mathews

The past 40 years or so have brought about many changes—these years gave us the promise of personal independence, prosperity, and also sexual sophistication. For many people, many of these promises have been fulfilled. In terms of the world, we know more about everything than our grandparents did, thanks to the media and travel; we know more about ourselves because of self-help books, seminars, and therapists of various modalities; and, we know we have to take care of our bodies. Unfortunately, though, we are less successful in making relationships last than previous generations were.

Two people going into a relationship start, generally, with passion—the heat, the weakness at the knees, the racing heart—pulsing passion that is proven to make you eat less, sleep less, and feel better. People in love shine . . . The arousal is fast and easy, and each partner is continually charged to make love. So what happens to that passion over time? Let's go back to the beginning to see.

In the Western world, most of the conversations we had around sex, as teens, were furtive and behind our parents' backs. Despite popular beliefs, the movies, and the sexy novels, we are not naturally good at sex or at relationships! We are largely conditioned by belief systems that were instilled in us as

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children—such as “Don't touch yourself there,” “That's dirty,” etc.—leaving residues of guilt and fear in the psyches of many. Thus, most of us are not well educated in the celebration of our own sexuality, let alone in

the art of sexual love with another. Where did you learn about sex? From a master? Probably not! Yet, if you want to learn to be an expert at anything, you apprentice yourself to someone who knows more than you do. Unfortunately, we have no such training, and so we stumble around in the dark—literally! The result is that many couples fail to journey into the depths of their core to find the absolute ecstasy, bliss, and joy that reside there.

The sexual urge is a natural one, yet what do you do with it? For both sexes, as teenagers, they have no

idea what is happening, they are changing, and this strange energy is flooding through their bodies. If done at all, masturbation is carried out quietly and furtively, so that no one hears or sees, and the energy of guilt goes into the cells. You can all use your imaginations now to recreate early teenage exploration into your own sexuality. In my day, at the drive-in movies there was more sex in the cars than on the screen! Teenage boys want it; girls think boys know all about it because they are always talking about it; and so the myth about sex is perpetuated. You know the hypocritical statement of old that made it okay for boys to “sow their wild oats,” whereas girls

were supposed to remain virgins until marriage! I used to wonder who the boys were going to do it with! Illogical—but part of growing up in my day.

In today's world, the young teens don't consider oral sex to be the same as intercourse. Something is seriously wrong when people of all ages have sex because they want to be loved and think the two—love and sex—are the same.

When you get into a relationship—suddenly, all this pent-up energy is supposed to flow easily and effortlessly. Well, that's a little like having an old tap that hasn't been turned on for 20 years: what happens when it does turn on? The water

dribbles out, is probably brown, and it takes a while before it flows properly! The media depict stars and explosions when people make love. Yet, having spoken to thousands of people, their first experience is rarely fantastic (unless it is with someone who is experienced).

In relationships, women like romance and want intimacy; sex follows once the first two criteria are met. With men, the romance is there in the beginning, but the starting button is sex and, once in a relationship, the romance often disappears. A survey found that after 20 years, most couples were still making love the same way they did in the beginning. Nothing had changed.





Sadly, many people say they don't need to learn about sex. After all, they have been doing it for years, how hard can it be?

There are a million things that can go wrong in sex. The turn-on suddenly becomes a turn-off. The orgasm that was building like a volcano died somewhere along the way. The man is too hot and it's too fast, etc. The woman is too slow, not ready enough. Often in orgasm, men automatically hold their breath, tuck in their necks, and don't make much noise. More often than not, both people close their eyes as they experience the feelings inside. So sex becomes a single personal experience, where we "go away" from our beloved, at least while the orgasm is happening.

And talking about orgasm: for many people, that is often the purpose of lovemaking. We think that we have to have an orgasm, or make our partner have one, in order to be "okay" in bed. (The statistics on women who fake orgasm are horrendous.) What happens to the man when he thinks he hasn't been a good enough lover to satisfy his partner? He feels frustrated, and it can lessen his pleasure in the sexual act, even though orgasms are the responsibility of the individual and they happen when we let go of control.

I once read an article by a woman who said, "I have been penetrated thousands of times physically, but never energetically." Sex without that energetic heart connection is not enough. Enough non-orgasms, enough unsatisfied partners, and

suddenly it all becomes too hard; women are suddenly too tired or have a headache, or men feel so inadequate that they don't initiate sex anymore. That incredible passion that drew us together in the first place is a thing of the past. Or, both people look elsewhere to fill the missing hole in their heart as the relationship deteriorates. With the high divorce rate in all Western countries, it is obvious that we need a significantly new way of relating to each other in all ways, and particularly, sexually. We need to find a way to sustain that love and passion over a lifetime.

So what is the solution? For us, it was Tantra.

To use an analogy, Tantra is like school. We start off in kindergarten, then primary school. Most complete high school, and a percentage go on to University, out of which a few get a Master's or a PhD. Tantra also offers many levels of study, and requires lots of practice to get that PhD. It is like being a practitioner of a modality; it can take years to become a Master at it.

Many of us are afraid of surrender because we believe it means giving ourselves to someone else and thus, losing part of ourselves. We need to understand that the surrender required in Tantra is about giving yourself to yourself; and in that surrender, we melt

↳ To sit, eyes connected, hands on each other's hearts and breathing together is a beautiful way to begin to connect. ↻

into our beloved and experience true ecstasy. If we can be in our bodies more, and breathe deeper and fuller, and feel our feelings, we can experience the joys of intimacy as never before.

Tantra is an ancient art form that transforms your sexual and spiritual life by uniting them, and it turns the sexual into the sacred. It has been called the missing piece of the spiritual puzzle that many of us search for. The Tantric exchange is a holy one, where we bless each other physically, mentally, spiritually, and energetically. It changes the nature of the sexual experience and brings the spiritual aspect of love into our daily life, turning lovemaking into a loving meditation. You can be too tired for sex, but never too tired for love! Tantra is not about orgasm, and it is not about sex; it is about intimacy, about connecting with your beloved on a level never before experienced, even in really great sex.

Now, there are many different forms of "Tantra"—the main two being the Tao method and the Hindu/Buddhist method. The Taoists of ancient China looked upon sex as a vehicle for enlightenment, providing that the sexual urge was properly harnessed. In the tenth century, a Japanese physician compiled a bedroom monograph for Japanese sovereigns showing them how to regulate their sex lives harmoniously. He based his advocacies on the age-old writing of Taoism. These texts were written on sexology long before the world had even heard of the word. Taoist Tantra uses words like "Cranes with necks entwined," and speaks of the specific ways of making love, e.g., six soft strokes to the right, two hard strokes to the left!

The Hindu method is more interested in how to

utilise the power of the heart to create intimacy. It comes from a series of esoteric Hindu books that describe certain disciplines and meditations that are well over two thousand years old. Most people are familiar with the Kama Sutra, but many don't understand that what they are doing in those funny pictures is actually transferring and sharing energy in order to heal. Tantra refers to Shiva—the penetrating power of focused energy (male)—and Shakti, the female creative force. Personally, we practice and teach the Hindu method.

It has a beautiful language all its own. "Tan" means body and "Tra" means vibration, so Tantra is about accessing the vibrations of the body. In Tantra, a penis is called a "lingam," which in Sanskrit means "wand of light." A vagina is called a "yoni," which in Sanskrit means "sacred space." I don't know about you, but I would far rather think of a wand of light in a sacred space than some of the slang terms for our genitals that we learned in the school playground. Think of a valley and a mountain. In the Western world of sex, the valley represents the

foreplay and the mountain is the orgasm, which is the goal. In Tantra, the valley is the orgasm and the mountain is what else is available for those willing to experience the journey.

The lovemaking begins with looking into each other's eyes and connecting at the heart. It is virtually the opposite of "normal" sex that is usually done in the dark, with eyes closed. In the West, sex begins and movement happens until the climax is reached, and then it's over. In Tantra, it's about the stillness and what you feel from the point of connection, so you stop along the journey and feel the vibrations in your body as the energy moves up through the chakras. With the breath, we deliberately bring the energy from the genitals to the heart, and then up through the crown chakra. It makes orgasm and lovemaking very different: more intense, more beautiful, and somehow, more allowing. It is the fuel of relationships that allows women to access the deep well of their feminine essence, their Shakti power—and allows men to recognise and access the healer within all men, creating for every couple a union of sexual wholeness woven into a tapestry of intimacy and heart connection. It opens the way for a new level of communication and allows for deep healing.

From a Tantric perspective, a man's heart is considered to be negative while his genitals are positive. A woman's heart is positive while her genitals are negative. Men learn that a woman's sexual energy can only be opened through the muscles of the heart, and therefore, that the heart connection is the starting point of any lovemaking session.

Think about it: this person you are making love with is someone you love,





therefore, why wouldn't you want to look at them? One of the first keys of Tantra is to keep

your eyes open and look into the eyes of your partner. To sit, eyes connected, hands on each other's hearts and breathing together is a beautiful way to begin to connect. Once the woman's heart is open, then the energy flows to her yoni. Tantra is a dance of love; it is sometimes fast, sometimes slow, sometimes gentle, sometimes strong.

Tantra teaches men that they can be their beloved's healer, and it teaches women that their sexual energy is beautiful, energising, something to be proud of, a gift, and that it should be honoured as such. For a man to recognise that within his hands and his lingam resides the power to heal the deep hurts of the past in his woman is very humbling and empowering. Coming from this perspective, it changes the very nature of the relationship.

The breathing is another important key: if you breathe together, you will harmonise yourselves, feel closer, and melt into each other. When the energy diminishes, you breathe alternately, and the energy rises again. Even kissing is considered an art form, and there are lots of tricks of the trade to kissing which is considered an important part of tantric lovemaking. Tantra shows men how to have multiple orgasms and no ejaculation, unless they choose to. It also disproves another common belief, that in order to have sex, a man must have an erection. Not true.

Imagine that, women—a man who can journey with you to heights of

Tantra heals relationships. 7

pleasure never before experienced, with no fear that he will orgasm and you will be left in the

lurch. In the beginning, men think that is a strange thing to do: why would you stop something that feels so good? Let's liken it to money in the bank. If you leave it there, it builds interest; otherwise, if you keep spending, you will be destitute in later life. Ejaculate is like that. As men get older, it takes longer to build up, whereas young men can make love many times a night. By saving and not spending (injaculating instead of ejaculating), men of all ages can still enjoy the benefits of Tantric lovemaking well into older age. Also on the health benefit side, injaculating is incredible for strengthening the prostate and all the glands of the body.

Men really do enjoy being the healers for their beloved; it fulfills them in a way that sex never could. Tantra heals the intimacy muscles of the heart. Consider music for a moment. It is not the notes that make the music, but the spaces in between the notes. In Tantra, it's the spaces in between that create the magic of Tantric love—in between the passion, the fast and hard, the slow and gentle. It is, in fact, in the non-doing of Tantra that the ecstasy and the intimacy occur.

Tantra is something that, in our opinion, is best studied by couples who are committed to growing in their relationship together. After all, if sex is sacred, then you can't achieve that sacredness and trust with a passing stranger or on your own. It is tough enough to create intimacy between

people who love each other. It requires a lot of trust in yourself and in your beloved to allow the surrender in your own body to the ecstasy that Tantra brings.

Tantra can create relationships that speak of heaven on Earth, definitely something we need on the planet right now. Tantra heals relationships. When couples think there is nothing left in their marriage and they learn this art, they rediscover each other and feel the love that was there in the first place. People who practice Tantra regularly love deeper, and their relationship goes to new levels of pleasure. This affects not only the well-being of the one, but the harmony of the two, and this expands to the family and, in ever-increasing circles of precession, it flows out into the world. Tantra is for people who know that there is "more" and who want to discover how to combine sexuality and spirituality, who want to be more in love daily, who want to transform their lovemaking abilities into those of a master. We believe that the goal of men is to awaken the Goddess energy in their beloved, and the goal of women is to awaken the intimate heart energy of their man, so together they can become conscious lovers, thus making a difference on this planet.

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CALL TO EVOLUTION SEX VERSUS TANTRA

- 1 Never make love when you don't really want to (both sexes).
- 2 Remember to breathe (slowly) during lovemaking.
- 3 It is not a race to the finish line, take your time.
- 4 Spend time exploring your body and your beloved's body with no end result in mind. Find out what they actually feel.
- 5 Learn as much as you can about your own body and what it likes and dislikes.
- 6 Acknowledge your beloved every day for what they do for you outside the bedroom.
- 7 Learn as much as you can about how the opposite sex communicates to avoid arguments.