

The Tantric Path

Love, Sex, Intimacy and Aloneness

Edited transcripts of a series of talks by

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TANTRA AND THE BODY

THE BODY IS THE MOST BASIC PLACE TO START. We've all got one, we all use it sexually and we all have delights, fears, incompletenesses, desires, wishes, wants, hopes and fantasies around sexuality.

One of the delightful things about Tantra is that it mapped out how to move into expanded states of awareness through sexuality. It is, in a way, one of the oldest religions, but not a religion, because there's nothing to believe. It's a practical science. Tantra can show you the step by step ways of opening deeper into your own being, and sharing that with a partner.

It is possible to do Tantra by yourself, but that's not my tradition. I spent five years with a yoga teacher who had been initiated into Tantra individually, but to do that she had to take a vow of celibacy for the rest of her life. She took her initiation in Tibet in the late forties to early fifties and has been celibate ever since. That's not my pathway. I have no desire to be celibate, I have much more delight in sharing my openings with my partner.

So we'll begin with 'Tantra and the Body'. Next, we'll discuss 'Tantra and the Emotions', the healing fire of Kundalini, then, 'Tantra and Incarnation', incarnating new life on Earth, 'Tantra and the Heart', and finally, 'What the Tantra Books Don't Tell You, Practical Hints for Tantric Survival'.

For those who want to read in the area, there are some books on Tantra that are good and a couple that are really fine, but even those don't tell you about what you need to deal with in your Tantric openings.

Encounters with the repressed contents of the unconscious are what bring people undone. Many people are drawn to Tantra and the sales of Tantra books around the world are substantial, yet there are relatively few people in an ongoing Tantric relationship, because of what those books don't tell you.

Additionally, there are relatively few Tantric teachers. There are now several in America, but very few in Australia. Until 1994 we were the only Australians teaching Tantra in Victoria.

Bodies and Memory

Our bodies contain amazing memories, right back to the beginning of this incarnation, that is, the memory of our conception, imprinted in the first cell. The circumstances, the psychology, the spiritual opening, or otherwise, of our parents, become a basic psychoemotional imprint mapped energetically into the first cell. That first cell then holographically and vibrationally imprints every other cell with that information.

Our bodies also contain the memory of our gestation, and of our birth, as those of you who've worked with breath therapy and rebirthing already know. These things are experimentally validatable. If we do the experiments, we can recover the knowing for ourselves. So I don't regard this information as being in the area of belief. It can be validated as in any other science: if you do the experiment, you get the information.

Sometimes you might do the experiment and it doesn't come out completely. So you check with other people who do the experiment, you do it again, and gradually you collate the whole area of information and knowledge that tells you that this is what is true.

Through the years of our own work with people, we've come to see that the body also contains psycho-spiritual genetic information in that while we have our mother's nose, we have someone's eyes, the colour of someone else's hair, there are all sorts of other things that are passed on genetically, aren't there? "He's got his father's temper"; "he has his grandfather's head for business"; "Mother was always like that". We start to see that psychological and emotional attributes are also passed on. This is not well acknowledged scientifically yet, but it's something we all know.

I have the temperament of my grandfather, my son has the temperament of his grandfather on his mother's side. These things are passed on through the cellular structure as part of the information within the cell.

So our bodies contain an enormous amount of material. Additionally, once we get through, complete and heal the birth trauma, we can recover the information of our past incarnations.

One of the things that happens for me sometimes is that I start to talk about my last incarnation as a memory. I'll say, "I remember when I was in Bavaria and I did ..." I catch myself as I have to remember that it wasn't actually this lifetime, but the memory is there just as clearly as a memory from when I was four or five years old and went to the beach, fell into the water and cut my knee. The memory has the same clarity, and at various times as I go deeper, I'll recover more.

Why am I saying this? The reason is that in our lovemaking, in our opening into our deeper spaces together, this sort of information can start to surface. There are ways of making sure that it doesn't, and for much of my life I had ways of making sure that it didn't. Basically, I didn't open emotionally. I was scared of going into high energetic

spaces, and if feelings moved through me, I chose not to feel them rather than explore what they were. Many of you may have had ways of not delving into those spaces as well.

The body is fascinating in Tantric terms because on one hand it provides us with energy to open into those spaces, on the other, it also often contains the information that we open into. The interesting thing is that we can explore all this knowledge that the body contains, other than sexually. We can use past life regression, we can do deep primal work, we can do rebirthing, there are many ways, but all of those therapies are only needed because our Tantra isn't working.

Ultimately, the way Nature has given us to heal, to grow and to flower, is Tantra. It is Nature's way of healing us, deepening us, opening us.

The catch is that in a sexually repressive culture, we have a challenge in front of us. We also have hidden in us those memories of when we were growing up, playing with ourselves, having a great time and someone said, "Don't do that, it's dirty." Or perhaps we were pissing out in the back yard, standing up, girls and boys together, and maybe we were told that we shouldn't play those games.

People, when they're adults, go back and try to heal these incomplete stages. They get into what's advertised as 'Water Sports'. Basically you go along and someone pisses on you. People pay good money for 'Golden Showers'. What are they doing? They're acting out their incompleteness from two and three years old, when it's a natural stage for kids to do that. If the natural stage is complete, the next stage can unfold. If that stage isn't complete, then what grows on from that, what matures from that, becomes subtly held.

In the same way, if giving ourselves pleasure doesn't mature and grow, that becomes subtly held. We could actually map all those myriad varieties of developmental stages, the little steps in the organism opening its own delight, its own energy and its own pleasure, that we learn to hold against. We learn how to hold against them psychologically, we learn to hold against them physically. If we were doing something that displeased our parents and it had a slight or a major sexual connotation and we were spanked for that, the spank lives on in the body as a memory.

One of the things I found in my work as a practitioner and also in teaching bodywork is that at times, working around the buttocks, particularly around the gluteal muscle, the parts that go from the hip bone back towards the anus, working very deeply there, sometimes handmarks will actually re-appear on the body as the body releases that memory, as the person goes through it again. Sometimes bruises will come out that are not actually caused by my work, but by the very, very deep imprint that has been put right into the tissue, sometimes down into the cellular memory.

The Unconscious is the Mind of the Body

At this point I want to introduce a concept that for me is absolutely basic. In a lot of therapies, in a lot of psychologies, people talk about the unconscious. But what is the unconscious? My simple explanation is that what is commonly called ‘the unconscious’ is the intelligent mind of the body. It is the conglomerate intelligence of the cells, of the tissues and the organs, and when a memory goes into the unconscious, it actually goes down into the body and stays there. But it doesn’t just stay there. This memory begins to cause havoc in the body’s systems because bodies aren’t designed to hold emotional memories. They generate emotions, and the emotions are there to be expressed, to be lived through, to be released. But where there are memories that we’re not allowed to express, those emotions go back into the body. We hold them down in there and they then become the genesis of disease, dis-ease, of systems breaking down. So when I talk about the ‘unconscious’, I mean ‘The Mind of the Body’.

The classic way of talking to the mind of the body is hypnosis, that beautiful way in which we drop past the conscious mind and then we gently wheedle our way in, slowly, to the ongoing part of the body’s mind. What your conscious mind understands of this now, is what your conscious mind understands, but I want your unconscious to understand it. Because that’s where the living information resides in you, and I want you to get new living information coming in at a cellular level, if you’re open to that possibility.

That’s part of the healing power of Tantra because the new information is simply reminding you about the nature of your own organism.

What is your own organism?

Your own organism is a flower of godliness, seeking to open.

What is your sadness?

The sadness is that the bud has strictures around it that don’t allow it to open.

What is the way to open?

To go back to what is natural and to allow Nature to unfold it’s own nature.

So, when we come together with a partner, we each bring this amazing history of consciousness that resides in us cellularly. This is one of the reasons why at times, despite our best intentions, things don’t work out the way we want because our best intentions, held at a conscious level, are very nonsubstantial. They are not embodied. That is, they’re held at the level of ideas and are not in our body. What is in our body is what we get, whether it’s the frustration or the anger or the incompleteness or the ‘it’s all over too soon’, or whatever. These many levels of interaction, many layers of being, are what we bring when we share ourselves with someone, and of course, some of these layers are very close.

The layers of fear of:

– saying what we really want,

- showing who we really are,
 - opening the doors inside us marked ‘Do Not Enter’.
- In working with couples who were on the point of splitting

up, we’d ask them to remember a time when their relationship was good. OK, they’d remember a time when it was good. Now, “Remember a time when the lovemaking between you was really exceptional”, and they’d remember it, and we’d say, “OK, what happened after that?”, and then suddenly they’d see that after that time things started to go downhill, things started to not quite work for them.

What happened was that they started to open into each other and then some of those layers that had previously not been available started to come up. They didn’t have the tools for navigating those spaces, and the feelings, and they would project onto the partner because it was their partner who enabled that level of the body’s mind to be touched, energetically. They were sharing those energies, opening together.

So then you start to blame, without awareness. You blame the other person for what they’ve done to you and away it goes, you’ve got banana-land. “You did na na na!”, “You said na na na!”, “And you know I don’t like ...”, and away you go. You become lost in this pool, and what happens is that you don’t go back into that same elevated space again because it’s become too fearful for both of you to go back there.

Because you reached that point in your evolution as a couple and you haven’t gone back there, you can’t keep going, and if you’re not continuing to grow, to expand, to open further into the glory that’s available, the only place to go is downhill. So then you split, you connect with someone else, the opening happens again, and then gradually again it diminishes.

What you can do of course is to displace your desire for that opening into something else – money, power, prestige, work, a hobby, motherhood, running marathons. You can even displace it into yoga – you know, how you can do the exercises and become fanatical about it. It’s just the misplacement of that drive to keep opening your being.

Our bodies, energetically, provide us with the fuel for the rockets of our consciousness. Put a lot of fuel in a rocket and you can go a lot further than if you put a small amount in. Usually in the initial stages of a relationship people spend a lot of time lying together, touching together, feeling the energy building up. As time goes on they spend less time putting fuel into the rocket and they want to go journeying quicker. It’s more common for women to say, “We want more time” than for men, and it’s partly to do with the different energies that are involved there.

Men often come from a Yang energetic space that wants immediacy, wants resolution, wants the explosion, wants the release. Women often come from a more Yin space. They want the nurturing, they want the opening, they want the unfolding, the surrender.

What a man often doesn't realize is that if he can learn that way, waiting, dropping deeper, expanding, what will come to him in Yang energy will be far greater than if he follows the Yang energy immediately. But learning that takes a commitment to follow a pathway, it takes decisions to use processes, and preparedness to move into the unknown.

In our culture we don't school our young in the arts of lovemaking. We can teach them 'the facts of life', but they don't get taught ways of being together. Ours is a very non-touching culture so men don't find the ways of touching women, they don't know the ways of being open to the depth of touch.

It's OK to touch if you just kicked a goal in footy, in certain sports touching's OK, but I listen to my stepson, to the ideas of masculinity he's picking up at his school, and it's basically, 'if you touch a guy, you're a bit suspect'. Even though he sees how I can be with men, that there can be some touching, a hug, or holding, it's as though that is in the weirdness basket as the culture unfolds another mythology for him.

Sometimes our bodies aren't open to touch, even if we want touch a lot, because they are filled with fear. That fear can come from any of those levels that we've talked about. It could come from your birth, or from what happens in infancy, or from any past experience.

I remember working with a woman once, working very deeply with the holdings in the tissue of the neck. It was very, very fearful work for her. She had never really allowed anyone to touch her neck, but she came to me because, she said, "I feel there's something in my neck". What did she recover? Her memory of being ten, riding along past a park, seeing a man crying, going home, but going back to where the man was crying, to talk to him, and he raped her. He held her down by the back of the neck and raped her from behind, and the memory was there as fear in the neck.

That's a dramatic example and many of us have layers that are less dramatic than that.

If there's somewhere in your body where you don't like being touched, and you have a lover you trust, get your lover to touch you there and then explore it. The usual response is, "Look, I've told you not to touch me there, you know I don't like it. Why do you keep doing it?" The reason the person keeps doing it is that they're trying to help you towards your healing and they will keep going back to that spot, led by their body's intelligence, to keep touching you there so that you can find out what it is. You have the choice of keeping that old pattern, or of saying, "Look, it scares me when you touch me there. Just do it a little bit more until it becomes unbearable. I want to have a bit more of a look at it," and to breathe with it a little.

Follow your breath and watch what happens ... and don't project onto your partner, if you can manage that. Non-projection often takes quite a while.

Circumcision Memory

One night after Rachana and I had been loving, I was lying next to her and I said, “I’m feeling really weird. I’m starting to feel really little.” She said, “Just allow yourself to feel that way.” OK, so it was safe to feel. I started to spiral down until I was feeling very, very young. My consciousness started to follow that pattern of going back, back, back, then all of a sudden I felt a violent searing pain around the edge of my penis. Bingo! I was right back in circumcision trauma. Right back with the memory of my penis being circumcised. That memory is there, embedded in the tissue, with every man who’s ever been circumcised.

My sense of the structure of it is this: a boy child is born, open and looking to connect with the mother, to be protected, nurtured, nourished, to be enfolded in the way that he has been for nine months. At some point there the child is taken away from the mother and circumcision happens. Remember with adults now, we’re talking about twenty to fifty years ago, when things were often done much less thoughtfully than they’re done now. So what impinges into the male child’s consciousness is that, “the mother has let this happen to me, she has been party to the pain”, and then an anger develops that is structurally held in that scar.

One of the very common things that women say in this culture is that when men are fucking, the women feel that the men are angry. There are many layers of men’s anger towards women and this is one of them, so that even as a man is entering a woman lovingly, at some level of the body’s mind that memory of anger is being stimulated. Until someone actually touches that layer in themselves it can only be there in theory. Sometimes, if it’s part of our own experience, we want to reject it so that we don’t actually touch that level of anger and pain that’s bound up in it.

So that gives you a sense of one of those layers and how trauma becomes locked into it and then continually becomes expressed in relating with the partner.

We need to remember too that the cell that our mother provided for us was inside our mother when she was inside her mother, because as a baby girl forms, all her eggs grow within her. So those eggs have within them your mother’s foetal experience. Not only that, they also have your grandmother’s experience of that time, so it gets complex as to where things come from. It doesn’t matter where they come from, that’s the academic’s interest. The thing for us is to find the way of navigating through them.

Sometimes it delights me to see people in the newness of their relating, and sometimes it disappoints me because I know that it will not be long before the mutual projections finish and the unconscious mind of the body starts to release. The honeymoon is over, they’re into their stuff, the nitty-gritty, and if they don’t have processes then they don’t know how to go through it. The surprise is that some people do find their way through, with all this happening, and still live happily together. That’s amazing. That’s a real achievement for the human race.

Are there any questions?

Q: You say that the lovemaking can peak and then it goes downhill after that?

Right. I want you all to remember the greatest time of lovemaking you've ever had in your life, the energy of it, the vibrancy, intensity, the lovingness of it. That was a Tantric space for you. Tantra is not unfamiliar to you. You've probably all been there. That's an opening. We can imagine the unconscious like layers that have steel doors on them. Every now and then the doors open and all this old pain comes out, then you get the door back again and close it, or maybe it stays open and you become overwhelmed by the contents of the unconscious and you 'go crazy'. That's one metaphor that people use.

Let's imagine that in this high energetic space lots of things opened for you and some of them were things that needed to be healed. That's part of the healing nature of Tantra. As you open, things will flush up. It's one of the reasons why sometimes after a wonderful lovemaking experience, within a day you're at each other's throats.

Anyone familiar with that? You recognize that? Good. Next time it happens, catch yourself because what's happened is that the lovemaking has opened things that needed to be healed and they've been flushed up out of your system. Things that are held as toxicities in your cell memory are being flushed out. As they are being flushed out, they cause haywire in your emotions and you project. If you can remember that those things are yours and you need to deal with them by yourself, it won't be as rocky between you and your partner.

It is of the nature of lovemaking, at various times, that you will flush that material up and then suddenly you're at each other's throats. The love turns to hate. That's because there are not two things, 'love' and 'hate', there's actually one thing, love-hate-love-hate. You move backwards and forwards from one to the other. While you're hating, you're getting ready for the loving, while you're loving, you're getting ready for the hating.

I fought for years to reject that. I did not want that to be true. It destroyed all my romantic myths about the nature of love. But the more I look, the more I see that it's a pretty good proposition about how human beings are. It's not an original one. I got it from reading Osho Rajneesh and I did not want to believe that when you're loving you're getting ready to hate, and when you're hating you're getting ready to love. But it seems to be like that. It moves backwards from one to the other.

Now, your evolutionary possibility at that time is for both of you to clear all that accumulated karma that was flushed up, and then come back together and open even higher.

If you don't clear it out, it stays there, festering. Sometimes you manage to push what comes up back down again, behind a door marked, 'Dangerous, Do Not Enter', and it becomes part of you that you don't go back into. You could imagine that if you opened up this door and that door, and also closed them, in your exploration with your partner, and with all your various partners through your sexual development, you reach a point

where there aren't many doors that you're prepared to open, and you and your partner haven't got much juice for each other any more because there's nowhere where growth is possible.

This is just a metaphor, an image to try to understand these dynamic forces that are inside us. It seems to me that this is how it is, and if I work with someone, we'll look at, "What's the door you're not prepared to go in?". We have a look inside and see what's there. We go back to the time when that door was shut and we open that door at that time, perhaps five years ago, thirty years ago, when they were three, or six ... or two months ago. If we open that door, if they then have the trust and the courage to go in there and heal that, then they can open the door again, there's a path now.

Think of any sexual practice that you don't like to do, or don't like to have done to you. That's a doorway that's closed. I had a client who said to me, "Look, it pisses me off. My boyfriend watches porn movies and whenever I go in there, there's always some woman sucking a guy off. I hate it. I hate him watching those movies." As we tracked back in her experience, there was a repressed memory of that in her life. As the layers of that came away, as it healed, she didn't care whether she saw those images or not. It mightn't have been the greatest turn-on for her, but she didn't have that same emotion. The emotion she had been directing towards them was the locked-up emotion about her initial experience.

I want you to understand these concepts so that you can start to apply them to your own experience. You might think, "Aha!", or, "I wish he hadn't said that because I can see now that I have an issue about that." It's OK to have the issues and it's OK to recognize them. They're just the parts that need the healing. So welcome the knowledge, welcome the understanding, because you see the part that needs to be healed. It's not a part that's wrong with you. That's the way we normally think about it, "something is wrong with me as a sexual being". Probably some of our partners also have told us at various times what is WRONG with us. We could make a long list of what is WRONG with us. They are just the parts that need to be brought out of the shadows and into the light. That's all.

If we can start to think of them like that, we've taken the first step towards befriending that part of ourselves, that traumatised part, that pained, fearful part, that part that may not even be from this incarnation! It might be from four incarnations back, or it might be from our grandmother or our grandfather, just an echo coming through.

Genetic Healing

I had a time when I was healing somewhere down the genetic chain in my family that had syphilis, and the memory of that had been passed on through the cells. As I was healing it, my body went into lumps. I want to talk about this to give you a sense of how

the body can heal itself, and how it's often misunderstood and suppressed. We live in the country, and I'd been walking along one of the tracks and noticed that I was starting to get a slight lump on one of my wrists. I thought, "Oh, must be the blackberries or rye grass, or I'm allergic to something." Within a little while I started to have lumps up my arms. This was a bit strange, but it got worse. So I went and saw Rachana, and she said, "Come down to the round room," that's the room where we do groups, meditations, healings and trainings, "and we'll have a look at this." Within about five minutes those lumps had started to develop right over my body. These lumps were big, raised, red swellings. Gradually my skin started to feel like leather and my whole energy fired up. Fire energy took me over. My temperature soared, my whole body was red, and I knew that at some deep level, this was just toxicity releasing itself out of my cells.

However, as it went on, my whole face became distorted. Rachana got a mirror and I couldn't recognise myself. My face looked like a plastic mask that was starting to burn. I looked about seventy-five and totally ugly and unrecognisable. I had to go to the toilet, went up, sat there and thought, "God." Going back, I said to Rachana, "I'm getting scared, you know, whew ... maybe I'm going to cark it!" She said, "You're doing fine, just keep breathing." Gradually all that worked its way through me and after about three-quarters of an hour I was on the other side, all the symptoms had gone, I was pretty shaky, and wondering where all this was coming from. It seemed it was part of the syphilitic trait in the cells.

Within homeopathy you'll hear people talk about a miasma. One of the three major miasmas is the petrochemical, one is the syphilitic, and I've forgotten the third one. But these are fundamental vibrational distortions that come through the race. The petrochemical one is a new one, a disordering at a cellular level that's coming through petrochemical products. Out of this experience I had a number of insights about what I felt were behaviours of some of my ancestors.

OK, so I've got a handle on that one. The next time it came, it wasn't as bad. Rachana was away and it was the night before a bodywork training. I was by myself and feeling, "I don't want to be with myself like this". A couple of swamis who had arrived early for the training were there, so I went down, got them out of bed and said, "Look, you guys, I want you to see what happens when a body is cleaning itself at a deep cellular level." I sat them down, for company and for instruction, and they watched while it went. I talked about the stage my body was going through as it happened, so that they could recognise it if they or someone they are working with goes through that level of healing.

The third time I went through it I was driving along in the car, started to feel it coming on, thought, "Oh well, here we go", and just kept on driving. "Oh yes, there's the lumps". It wasn't nearly as dramatic by then, just, "Oh." That was the final remnant of it.

A Common Scenario

Let's put that into the context of the person who has no understanding of these sorts of phenomena, and that level of healing gets released in them. What would happen? They'd have the doctor come. The doctor most likely wouldn't recognise the symptoms, or may be able to give it a name if it's categorizable, and move to stop the process – because if you don't understand it, and haven't got a way of going through it, which is basically, breathe, watch your feelings, don't get too frightened, scream when you need to and keep going, then it's going to be suppressed, most likely through medication.

If you don't have the experience in this area that allows you to assess the situation, where you've seen people give way to fear, where you know that material comes out of the unconscious, that it heals, and that you'll be fine on the other side of it, then you're going to be overwhelmed by fear while it's happening and you're going to want it to stop. If it is suppressed, it will be incomplete – you will become locked into that stage where the dynamics of the psyche have started to release this material but it's not finished.

You know what it's like when you're just building up to orgasm and someone knocks on the door and you stop? You feel dreadful for days afterwards sometimes. It's like that, but more intense. That's the level of disorganisation that's happening. Additionally, the doctor may not know what it really was, you won't know what it was, the family around you will be reacting in fear, and so shortly they're going to send you off to a skin specialist or someone else.

They're not going to be able to find anything because it's now been suppressed back in to the body's mind, but they will notice that you're exceptionally nervy and a bit distressed so they'll send you off to someone else, and eventually you're going to end up with a psychiatrist who isn't going to understand what happened to you. You're going to be on severe medication for your nervous distress. That's a reasonable picture of what could happen to someone.

So that is the 'healing by fire'. Some people heal through fire, fire often heals through skin, and its colour is red. There are also healings through water, healings through air, and healings through earth. The earth ones tend to be through waste, particularly through the faeces. The most likely colour is brown, brownish-green, murky sorts of colours. They tend to be healing through earth energies. The air energies tend to be yellow and come out in bad breath, in smells and in wind. Water healing often comes out in tears, in sweat, urine, in really watery faeces and in mucous.

All of those are parts of the body's elemental forms of healing through fire, earth, air and water. Depending on your own elemental make-up, sometimes that will be in accord with your dominant star sign and sometimes it won't. You may have one primary elemental way in which you heal or you may have a mixture. People who are fiery may also do a lot of their healing through fevers, for instance. What you might do is to just get a sense of the way in which you heal.

When the energy level is really very strong and it releases very, very deeply, rather

than having emotional disorganisation, you may have actual physical disorganisation in the body. Then, have awareness. Rather than calling it illness, look at its genesis. What was happening in your lovemaking? What was happening in your energetic opening? Did you start to unfold and then hold against it? Was there an area where you got frightened? Did you open into spaces that you'd never been to?

Perhaps look at what you would normally in the past have called illness as a healing, as a healing crisis. It's well known within homoeopathy that before you get better, you often get worse. That's the healing. Things have been flushed out from those deep cellular, deep tissue levels, and the healing is happening. Good.

There are very specific ways of building the body's energy in your lovemaking. The simplest, your first Tantric exercise is, when you lie with someone, to *breathe* with them, match their breath rhythm. Just come into harmony like that. That's the first step towards melting towards each other, simply sharing the breath rhythm. Sometimes that alone can take you into spaces where you've never been with another human being, particularly if you focus on the breath and not on your thoughts.

I was talking with a doctor about the way Tantra begins with the body. He was saying, "Yeah, sometimes my wife and I are lovemaking and I'll suddenly find that I'm thinking about patients' accounts," as though his mind and his body were split apart.

Sometimes the mind and the emotions are split off from the body, and the understandings we have to work towards are finding what's in the way of our emotions being present when our body is there? What's in the way of our mind being there with our emotion while our body is there?

What's in the way are all of the things that we find in heavy duty therapy!

Bioenergetics: you put your body into a certain stress position and what happens? You get angry. You get pissed off. You want to throw your teddy bear at your mother. You want to scream, or yell. OK, so sometimes that's what happens in bioenergetics. You change your breath rhythm so that your breath gets a bit harder, a bit faster, and you breathe like that for quite a while. What happens? Sometimes you get angry. Sometimes you get frightened. Sometimes you get lost. Sometimes you go into ecstasy.

So let's see what happens in lovemaking. We start moving our bodies very rapidly, sometimes to the point where they come under stress. Bioenergetics is happening. Our breath changes and sometimes becomes very rapid, very rapid indeed! Rebirthing is happening. What happens when you do rebirthing and bioenergetics together? You get pissed off! You get emotional! You get lost! You don't know what's going on! You want to scream! You want to shout! And so on.

What happens in your lovemaking? You get lost. You get angry. You get frightened. You scream ... Lovemaking? Well, you can pretend that you're a yogi who's got it all together, you can read one of the Tantra books where it says that you sit there, you look at each other, you open together and all your chakras suddenly melt, and you say "Om"

and go into eternal bliss ... and that's true! But it's a little further down the road. There are a few things that have to be dealt with first, and those things are the memories in our bodies.

The way to find out if you've got anything in your body that needs to be healed is to do a bit of bioenergetics. If you're unfamiliar with bioenergetics, one small thing you can do is to stand up, turn your toes in a little bit, make your hands into fists and rest them on the gluteals, the buttock muscles, drop your knees forward a bit, then you bend back and start breathing. What happens? In a little while, unless your control is excellent, you start to shake, and when the shaking starts, what happens next? You get pain! What is the pain? Is it caused by the bioenergetics? No. The pain is caused by the repressed memory that's in your body. It's your body saying, "Hey, something is down there that you need to look at!"

Most of us don't communicate with our body's mind, so how is it going to communicate with us? It communicates with us by producing a feeling that something isn't quite right. If we don't pay attention to that, it communicates with us by producing a pain. If we don't give any attention to that, it starts to communicate with us through our systems breaking down. What do we do? If we have a pain, we take a 'pain-killing tablet', so that we block out the body's mind from communicating with us. We send it to sleep. That's not a good way of dealing with it because that pain is going to come up again. It's your body's mind saying, "Hey! I'm suffering, I'm hurting, there's a memory in here!" Letting that memory speak is part of what bioenergetics does.

So, in our lovemaking, in our attempts to build up the rocket of our sexuality to blast us past the limits of our conscious mind and open into the eternal realms that delight us in that little bit of Tantra, we have to clear out our pain first, and the pain is held in the body. Any questions?

Does the 'level of awareness' of the partner matter?

Absolutely.

So if one of the people is very aware, very conscious of the body, mind, soul, and the other person is not, will that affect the aware person?

I'd say you haven't got much of a match going at all. Yoga schools are filled with women who complain that they're with men who are yobbos. They married them twenty years ago or five years ago, and now women are opening into spiritual oneness and eternal light and all that sort of stuff, meditation or whatever, and their blokes are still the same old yobbos. The women say, "What am I going to do with this man?" What they do then is to lie with him, breathe with him, because although he's not going to want this eternal light and oneness and unity, he does want sex. So you lie there and breathe with him and suddenly his defences start to melt. Next time, you take him a little bit further, and a little bit further, and he's going to start to have experiences that he never knew

were possible. Either he's going to become afraid and close the door, or he's going to want more.

Can these experiences be directly after the lovemaking?

They occur during the lovemaking too.

At a younger age, I remember making wonderful, passionate love with a lady, or fucking as I knew it then, and then just feeling like shit straight afterwards. Like total shit! I didn't even want to see her, I mean, immediately. In later stages of my life I noticed that amazing movement of energy in my partner, trembling and shaking away and not knowing, and she totally freaking out, you know? So much resistance coming towards me and so much dislike, immediately. It's quite possible, it doesn't have to be the next day.

It doesn't, no. That's the projection, you see, and it's also the fear and the operation of the energy of the repressed memory moving in the body's mind. The fear and the loss, AND the other thing of course is that we want it! In some ways we all want that level of the cellular intelligence saying, "YIPPEEEEE! Every cell is dancing! This is what I'm here for! I'm a child of God! I'm a child of the universe! My head is expanding, expanding!" We also want that, and it frightens us because if we have a little bit, we think we're going to want it forever, which is true! And that we're going to become totally uncontrolled, which is not true, but it's our big fear. So because having this much is going to be so bad, because we're going to want this much for ever and ever, we stop ourselves having any. That's the old Judeo-Christian, "Suffering is good for your soul", and guilt, and those sorts of feelings.

That's what our work is in Tantra, helping people identify their holdings: how is it not working for you? Profound orgasm is the body's way of total healing. You get every cell saying, "Yippee!" in unison. Pentecostals do it a different way. They get people singing and jumping up and down and saying, "Hallelujah" to the Lord until they're in orgasmic space, and they shout, "Christ is going to come and heal you!" and bingo! They get it! And that's all right too, but I got seduced by Tantra, so I'll do it that way if I need to. The Tantric way is love in embodied form.

Daricha, how far could somebody go exploring on their own? Is it essential to have a partner? If you didn't have a partner around at the time that you felt comfortable with, or you didn't have one at all, could you start to explore Tantra? I have heard that that is possible and I don't know the pathway.

There are certain levels to which I know the pathways. The energetic openings can also happen in other ways, through the breath for instance. By yourself, just breathing, you can often go into orgasmic states but mostly they are etheric orgasms, from the emotions upwards, in terms of their vibration. Usually they're not right down into the body orgasms. They're very different, but you can have them and they can be profoundly life-changing. That is a form of Tantra. You can sometimes also get them in bodywork.

So there are certainly ways in which you can open into those spaces yourself, but they are often indirectly-sexual ways.

There are also other ways of working with your own energy using the breath to open the various centres. There are Tantric exercises you can do by yourself. We were inspired to offer a four year Tantra course that would eventually lead people to the resurrection of the ancient Tantric knowledge inside their own beings. The first two years of that, people could do without a partner, because you can absorb the information, do the clearing, and reach a lot of the openings to a certain point.

Birth can open a woman Tantrically, amazingly. Rachana will be talking about that. But then unless you do it artificially, you don't get pregnant by yourself. You might as well conceive Tantrically and birth Tantrically if you're going to walk the Tantric path. Basically my commitment is towards Tantra for two rather than Tantra for one.

Bodywork

The most profound way of working with a lot of those deep fears, deep holdings, deep disorganisations in the body, is through bodywork. That is, to have someone who's trained to go to where the pain is, where the tension is, and gradually invite the body to start letting it go. A body that is disorganised and filled with fear can not allow the high levels of energy to come through with clarity.

If your pelvis is severely tilted forwards, the energy coming up from the perineum up your spine can't get through clearly. Your nervous system is actually distorting itself. One of the things we're really talking about in Tantra is the re-education of the nervous system. That is, of healing the nervous system of its imprints of distress to the point where the brain chemicals that are released through pleasure can get down into your nervous system and bring about the sorts of changes of perception that allow you to go higher.

Tantra is basically an initiatory process where, as your brain chemicals change energetically, you go into altered states of awareness where you get new information. You don't just get that information in your mind, you literally get that information eth-erically embedded down into the cellular level. If you can follow all of that, you just got a Tantric secret. I'm not saying it again, trust that your unconscious has got it. That's the nature of Tantra, to get new, higher vibratory levels of information into the nervous system. That's what evolves and that's what transforms human beings.

Bodywork clears out a lot of the basic sorts of things that are in the way of your body being able to respond to vibration at a higher level.

How much responsibility should I carry for my partner's growth?

None. How about how much responsibility should your partner carry for yours?

Yes, I understand, but if I am going to do this and he doesn't choose to do it, then I am taking some responsibility for his growth.

No you're not. You're not taking any responsibility for his growth at all. You're taking responsibility for yours in simply practising the gentle art of Tantric seduction that he can say 'no' to or surrender to. We've found that there are actually more individual people than couples who take the course when we teach Tantra, but sometimes the second part of the relating comes along the next year because things have changed so beautifully for them. It's like any equation, change one element in it and the whole equation changes. You change and he changes and you're not taking any responsibility for him, he is simply now responding to the difference that you are.

I'm really reacting to what you're saying there. I'm feeling quite resentful.

What could there be to be resentful about that?

How should I know?

It's your feeling! I imagine you might know. Do you want to take some responsibility for his growth?

No, I think that's where I'm feeling the resentment ... that maybe I am going to do the work and he's going to benefit.

Oh! The bastard ...

Yes.

Riding on your back.

Well, yes.

But you see, that's good because that's an incomplete equation.

Yes, that's the problem.

You're going to do the work, he's going to benefit, and when he benefits, you benefit.

Yes I know, but there's so much there ...

Just let that extra bit come back. You change, he benefits. When he benefits ...

That's scary ...

... you benefit.

I'm really absolutely totally scared of experiencing me.

All right, welcome to the club. You're not alone in all of that. We've all got our little fantasies and facades and problems around that. We're all totally frightened of experiencing.

It's like losing control.

Yes.

Surrendering.

Yes. It scares all of us, because when we ultimately surrender, we're no more. It's the death of the ego, the personality, we get enlightened. But don't worry, it's not going to happen yet!

Now how do you know, Daricha?

I don't! Some people will tell you that it can happen at any moment. Some will even tell you that if you take their course, you're going to get it. Truth in advertising doesn't

apply in this area, you see. But it's good to be aware of those feelings. As you unlock the structure of them, you'll come to see that it's actually nothing to do with your partner. It's an old karmic pattern in you, like a Tantric initiation where the woman had to give something of herself that was almost sacrificial, and the man got the benefit. There are cultures and traditions where the left hand path of Tantra was followed, particularly in South America, where the women were prepared for Tantric initiation, but they died during the initiation and the priest got the benefit. That's the structure of that type of feeling.

I'm thinking a lot about what you said about the past-life memories coming back, and it's triggered something.

Great.

... in my unconscious.

Good.

It feels really powerful.

Yes. Some of our unresolved incarnations are around Tantra, because Tantra is working with the Life Force, and particularly where there's been a death around Tantric circumstances, or around sexuality, some of our biggest holdings are there. Some of our biggest resentments, some of our biggest fears, and they're very profound ones that will somehow dominate us at a subtle level – sometimes so subtle that they'll also be hidden, but those ones are master programmes in an incarnation.

After you've worked with the birth trauma, when you start to get in touch with past lives, does that come up in a conscious way, as clear as a memory of this life?

Sometimes it comes in flashes, sometimes it will come when I'm meditating. Sometimes you might just flick into that experience and that's where it's good to know, to keep breathing and keep going.

Because of the feeling?

Yes. Often the bringer of the information is the feeling, it has a certain quality. The thing to do then is to slide a little more into the feeling and see, "What does this feel like?" "What image is being associated with this?" Your unconscious doesn't have to provide you with false information because it's got so much reality in there. It's not going to imagine something for you, often it's actually going to provide you with very reasonable information.

Unless you're wishing for something so powerfully that you actually get something imagined, normally your unconscious has so much in there that it will bring something to the surface. Over time you'll get a sense of these different images and feelings. You don't even have to accept them as 'real' past incarnations. They're like constellations of energies, stories, perhaps genetic memories of the family lineage. You might touch one particular sequence in your DNA memory and somehow your unconscious pops this information out. You have the total memory of evolution inside you, and sometimes bits and pieces come up through us. The more you can get clear about the distinctiveness of

the constellations, the more you'll see. These are often like voices that exist in us that aren't yet complete.

You will attract partners with the energy to help awaken those parts in you that want to be revealed, that want to be met.

Sometimes people find themselves going from one relationship to another, to another, with incompleteness, but if they look, they'll see the similarity in vibration, because ultimately it's vibrational. So your vibration, which is by its very nature wanting to harmonise and wanting to come up, because that's the nature of your essence, will finally be attracted to a partner who will provide you with that. And that's where a lot of the difficulties in relationships will often come. You'll be with each other and it'll be so hard, but if you can understand that what's being set off is part of the healing, then you can go into it with awareness, surrender to it, learn to thank your partner for it and go with it, then you can learn to keep rising together. That's how it works.

I think what affects me most is the willingness of two people to do that. When one person wants to and the other person doesn't, it's frustrating.

Rachana: Sure. If you've got a Tantric relationship, you're both wanting to go into it. There'll be times when one person's stuff is coming up so strongly that the old holding patterns will be operating and they'll do everything to try to get out of this. With time, when the other one learns that that's what it is, and then you come to know that it's not you, that it's your partner's material that's being activated, then you don't take on the guilt of, "It's because I'm like this, or like that." Then you give each other the time and space and encouragement to meet again and again. There'll be coming together and times apart, then coming together again. It's a dance.

Mmm.

It is a dance. There's a coming together and a going apart, and sometimes you'll waltz and waltz and waltz and it seems to go on forever, and in that very waltzing there's a relaxing and as you relax, then more can come up, deeper things come up. So more comes up, big tidal waves, and sometimes you might get engulfed, you might be overwhelmed. But this is the whole thing about Tantra, that you have these understandings that you're in process. You learn the navigating skills and you support each other, and you come to know more people who are doing this and you support each other through it, so you don't get lost.

We identify with our problems. We become convinced that our partner is the ogre that is doing this to us, but that's not how it is. Love is working. It's all evolution, and if you're going to take a Tantric path, you're going to say 'Yes' to it in a Tantric way. There are other pathways, but if you take the word 'evolution' and spell the first four letters backwards.

Love.

Yes.

'L' 'O' 'V' 'E'.

You see, it's consciousness. The whole thing about evolution and us is that consciousness is hidden from itself and then reveals itself, even in the very word. I like that example because there is love. The love is happening, evolution is love. The basis of it all is love, but we get lost. If we do go right through it, knowing the processes, knowing the understandings, we'll get to the loving. That's what lovemaking is. While you're clearing your problems with each other, you are making love and this love comes from you and goes into the atmosphere when you're doing it consciously. That's what Tantra's about, that's why we teach it. It IS love-mak-ing, you actually make it! When two people come together and they allow their processes to happen, they make love. If they just feel their anger and feel their sadness and they're there with each other, they're making love. When you don't do it, you use your energy to suppress it and what happens? It comes out in other ways. It may not be YOU, through you, that it comes out, but through others around you as they express that, so that's why we have wars. That's why so many people have to be hungry on the planet because we starve ourselves. We won't nurture ourselves, we won't love ourselves, so somewhere it will manifest outside. So the Tantric way is in coming more and more to know that it's all love, and really trusting our process.

We're interested in this knowledge becoming known. It's basically very simple. Once you hear it you can start to connect it with your own experience and get an understanding of it.