



Ipsalu Tantra, Inc.
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SUBTLE ENERGY

Activating the energies of your physical and etheric bodies is the first phase of the Ipsalu Formula. You can stimulate and influence the flow of pranic energy through your body through these **six modalities**:

1. **Intention**
2. **Visualization**
3. **Muscle tension/relaxation**
4. **Touching with awareness**
5. **Breathing with awareness**
6. **Moving with awareness**

In Ipsalu Tantra we use these tools for tapping into surrounding etheric energies and for tuning into and activating our own internal energies:

- **PRANAYAMA**: Conscious breathing
- **DHYANA**: Meditation to attune to the Divine Current
- **MANTRAS**: Transcendent sounds of power
- **YANTRAS**: Sacred geometry
- **MUDRAS**: Gestures to activate body currents
- **MAITHUNA**: Sexual Union
- **BANDHAS**: Muscular contractions to harness and redirect pranic energy

How to feel pranic energy? Look for subtle experiences of:

- **Temperature** (e.g., hot, cold, warm, cool)
- **Pressure** (e.g., dense, heavy, thick, hollow, empty, diffuse)
- **Texture** (e.g., buzzing, tingling, streaming, spiky, smooth)
- **Movement** (e.g., flowing or static, moving or stuck)
- **Energetic Quality** (e.g., electric or magnetic, etheric or earthy, masculine or feminine)

Tantra is the interweaving of two universal energies—**Shiva and Shakti**—Honor, empower, liberate, and celebrate both the female energy (Shakti—the creative dynamic LifeForce) and the male energy (Shiva—clarity/stillness). By brining them into balance and harmony, you prepare your body for Kundalini awakening.

Increased Shakti (orgasmic, feminine, magnetic, earthy, lunar) energy in the body brings about physical cleansing, emotional activation/release and heightened intuitive awareness

Increased Shiva (masculine, electric, cosmic, solar) energy brings higher consciousness and sweet Bliss.