



Ipsalu Tantra, Inc.  
Ipsalu Tantra Kriya Yoga



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## TANTRIC LOVEMAKING GUIDE

Greater awareness, a bit of basic knowledge and a few techniques can transform your sexual experience into ecstatic communion. Take at least 1/2 hour each for foreplay, union, afterglow.

**Prepare Your Tantra Temple** Make your bedroom into a tantric environment. Remove the TV. Meditate there so that a sacred energy builds. Set up an altar, complete with incense, candles, fresh flowers, objects and images significant to you. Music also assists in creating the right vibration. Make this a room of higher consciousness.

**Foreplay** Notice that the term isn't "forework."

- **No Expectations.** Enter into loveplay without expectations, especially regarding orgasm.
- **Take Your Time.** Foreplay is wonderful when it lasts at least half an hour before penetration. Most women take that long to relax, to attune to their lover's energy, to get their juices flowing, to open themselves up to union.
- **Undulations.** It is essential in tantra to release muscular tension around the pelvic bowl. Pelvic undulations are particularly important for a woman to become aroused. That movement also helps awaken the sleeping Kundalini.
- **Self-Stimulation.** Generate more sexual energy during lovemaking by contracting and relaxing the anal sphincter muscles (Aswini Mudra) and the urethral sphincter (Vajroli Mudra).
- **Friction Sex or Energy Sex.** In Tantra, you might enjoy friction sex for a while and then go beyond into energy sex, that is, moving subtle energy through your body and through your partner. This spiritualizes your sexual energy so you are both nourished while making love. You learn to relax body tension in the midst of sexual arousal. You learn to contain more and more energy, using all the of the body, rather than settling for instant genital discharge.

**Coming into Union** Penetration is most satisfying for a woman after she is fully aroused and her secretions start to flow. Once penetration has occurred, the couple should remain in union for at least fifteen minutes before he ejaculates, thirty minutes for a more complete tantric experience. In that time hormones have a chance to flow in abundance, producing a rejuvenation effect.