



Ipsalu Tantra, Inc.
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THE IPSALU FORMULA

There is a method, unique to Ipsalu Tantra, for attuning to Bliss. It is a formula that works in all circumstances, if you are willing to relax into it. It quickly brings groups of strangers into a loving blissful connection, as well as couples, especially when they combine the practice with their lovemaking. It brings an individual into Bliss at any time, in any place.

Here is the essence of the formula to make the core of your daily practice. This is the sequence that creates the magic:

- First: Activate energies in the body
Second: Still the mind
Third: Arouse sexual energy
Fourth: Transmute passion
Fifth: Enjoy the TantraBliss (ASATE in Sanskrit means "uninterrupted sequence")

- The frequent experience of Bliss is essential for the health of every human being.
- That requires simultaneous activation/integration of mind, body, and Soul.
- By stilling the mind you bring yourself into the present moment, the only "time" when you can understand Truth, can feel love, can experience God.
- By activating the sexual energies you enliven that stillness into dynamic Bliss.
- By transmuting that arousal, you elevate its orientation from survival to service, from pleasure to creativity, from control to surrender. Feeling gratitude in all things perpetuates the experience of Bliss.

Techniques presented in *Jewel in the Lotus* and *The Ipsalu Formula*:

1. **Activate energies in the body** - Shakti Shake, Rishi Isometrics, 12-pt. Kriya Energization
2. **Still the mind** - Witnessing Thoughts, Watching the Breath, Hong Sau Breath Mantra
3. **Arouse sexual energy** - Vajroli, Aswini, Sexual Energizers, FireBreath and Mula Bandha
4. **Transmute passion** - Transmutation Breath, FireBreath, Prana Mudra, Level 1 Cobra Breath
5. **Enjoy the TantraBliss** - Meditate, Make Love, Heal, Sing, Dance, Write, Express