

# All-Chakra Tantra

Treat yourself and your beloved to All-Chakra Tantra. It blends ancient, shamanic, and modern consciousness-growth practices to help you lovingly connect with each of each other's energy-centers, your chakras.

Here's a summary of the chakras with the body parts and tantric tasks associated with each:

1. Perineum, Rectum. Align perennial (base, root) chakra energies with your sweetheart's; reinforce each other's sense of safety, health and security.
2. Genitals, Reproductive organs. Connect and pleasure each other's second chakras with touch, intention and breathing techniques. Boost each other's sensuality, creativity and sexuality.
3. Solar Plexis. Empower yourself and your lover.
4. Heart. Open your love and courage to each other.
5. Throat. Speak authentically, kindly; listen actively to each other.
6. Brain. Help each other think, intuit and envision; put your heads together as a mutual mind.
7. Crown. Flow energy between your crown and your beloved's. Rise above your separate, individual self-sense and merge in your couple identity with each other. You and she both transcend your personal pairing and merge with pastlife lovers, the lover archetype, all humanity, Earth and the Universe.

## Chakra 1: PERINEUM: MATERIAL GROUNDING

Join your beloved in healthy activities. Help her feel secure and safe. Share financially. Encourage each other's wellness as you eat, exercise and stretch together. Massage each other all over. Caress her base chakra, inside and out. With her finger in your rectum, she strokes your prostate and the pleasure spot behind your pubic bone.

## Chakra 2: GENITALS: SEX, SENSUALITY, REPRODUCTION

Use fingers to stroke her sacred sector--the inner, belly-side vaginal tissues from pubic bone to orifice. Your strokes may trigger her memories of unresolved emotions, deprecating decisions or painful images. Help her emote, release her self-condemning attitudes. Encourage her to rescript self-limiting decisions based on her past. After she catharted and rescripts, she will, to her great pleasure, respond to your vaginal strokes and ejaculate copious, alkaline fluid, amrita, from her urethra.

She manipulates your first and second chakras. You too regress, release pent-up emotions, learn alternate behaviors that better serve you now.

Enjoy a wider range of sensuality. Join genitals whether your penis be limp or erect.

Master ejaculatory choice. Breathe fully. Before you ejaculate, withdraw your focus from your genitals and concentrate instead on delighting her with your hands, eyes, lips. Pull energy up from your genitals as you squeeze your pubococcygeal, diaphragm and throat muscles. Picture this energy flowing from your crown into hers.

## Chakra 3: SOLAR PLEXIS: POWER, DIGESTION

Take what's yours, choose boundaries right for you. Empower each other.

Orchestrate your internal power and weakness voices (such as Inner Critic and Victim, Pusher and Lazybones, Rebel and Conformist) as you respond to the voices she presents.

## Chakra 4: HEART: LOVE, COURAGE

Love, cherish, support, heal and encourage yourself and her. Communicate feelings, cultivate and renew sweetness; romance each other. Remove limits to loving.

Develop dyadic consciousness--identify at the same time with her consciousness and with your own as part of a larger spirit. Experience two-person awareness greater than the sum of your separate identities.

Stop enacting rigid and sour patterns you imprinted in your past. Transform what you thought you needed to mere preferences. Meet your own needs whether or not she meets them.

### Chakra 5: THROAT: EXPRESSION

Hear each of your inner voices (subelves) tell you what they want and need. They say how they aid you, your beloved and humanity. Choose what, when and how to express (or not express) your inner voices to other people.

Honor your beloved's many voices too. Speak authentically, kindly and effectively to her.

Watch your voices and hers interact, sometimes, in unconscious, distressing child-parent patterns. You may treat her as a troublesome child. She defends and regards you as a difficult father. Then, after awhile, she expresses anger or withdraws, like a frustrated mother. You, in turn, defend yourself as though you were an oppressed child. Curtail this painful pattern and relate instead from your center.

Sanctify sex; speak romantically of sacred sexual organs and acts. Initially, replace latin and gutter words with Sanscrit words like yoni, ("sacred space,") for vagina, lingam ("wand" of light) for penis, "honoring" for cunnilingus and fellatio, "rosebud" for anus, "drapes" for vaginal lips, "pearl" for clitoral head, "polishing her pearl" for clitoral honoring, etc.. Then invent your own poetic sex words as you love

### Chakra 6: BRAIN: VISION, INTUITION, INTELLECT

Receive, share and expand visions for yourselves, those you love, your community and world. Intuit each other's thoughts and feelings, as well as those of your children, parents, friends and others. Access the messages of dream, past life, fantasy, archetype and hero-tale. Picture a paragon pair—Caesar and Cleopatra or Bogart and Bacall—priming you to adore each other better.

### Chakra 7: CROWN: UNITY CONSCIOUSNESS

Rise to wider perspectives of your crown chakra, yet stay aware of the wisdom of chakras 1-6. Encompass more than Thinker, Pleaser or other subself, more than body, even more than awareness you and your darling share with each other and with humans, life, or Earth. Feel your oneness with everyone, everything, everywhere and all-times.

Experience unity; the seamless web of consciousness linking the manifest universe. Merge with the latent--unformed but constantly arising--reality of the metacosmic void. Identify with divine play that can manifest all forms. Infuse all chakras with the radiant joy of your spiritual chakra.. Treat you and your beloved to tantra.



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