



*Jewel in the Lotus*

*Male Within Female*

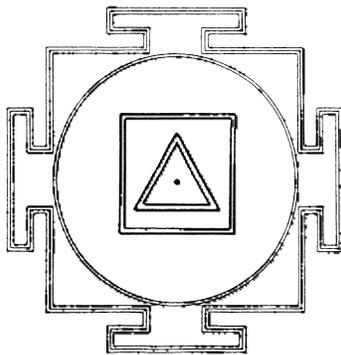
*Enlightenment Made Manifest*

*Om Mane Padme Hum*

# *Jewel in the Lotus*

## THE TANTRIC PATH TO HIGHER CONSCIOUSNESS

A Complete and Systematic Course  
in Tantric Kriya Yoga



SUNYATA SARASWATI  
AND BODHI AVINASHA

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## CONTENTS

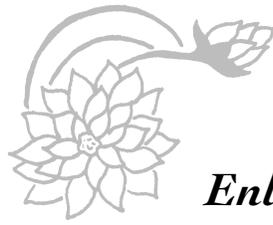
<b>INTRODUCTION TO THIRD EDITION</b> .....	5
<b>ADDITIONAL MATERIALS</b> .....	10
<b>HOW TO USE THIS BOOK</b> .....	12
<b>LESSON 1. ENLIGHTENMENT THROUGH TANTRIC KRIYA YOGA</b> .....	19
Enlightenment is being aware of things as they actually are. Yoga is the science of becoming aware. Kriya is a system of meditation that accelerates your growing awareness. Tantra is the sexual path, using orgasmic energy to empower your growth. There are two spiritual paths: the Path of Will and the Path of Surrender.	
<b>LESSON 2. THE BREATH AND PRANIC ENERGY</b> .....	43
Breathing deeply and consciously is the key to spiritual growth, psychic development, rejuvenation of the body, and sexual transcendence. Breath is the bridge between the conscious and subconscious minds. Learn to cross that bridge. Become acquainted with etheric energy at different levels of subtlety.	
<b>LESSON 3. ASANAS: CHARGING THE BODY WITH PRANIC ENERGY</b> .....	59
A dynamic system of exercises for those who want the results of Hatha Yoga but don't have the time or flexibility. Combining stretching, isometrics, and breath meditation makes a program well suited to our present day situation.	
<b>LESSON 4. COSMIC UNITY OF OPPOSITES</b> .....	73
Tantric science weaves the male and female energies into the cosmic life force. Everyone is a mixture of male and female qualities. Arrive at a perfect balance by learning to express the side of our nature that is less developed.	

<b>LESSON 5. KUNDALINI AND THE COBRA BREATH.....</b>	<b>91</b>
Using sexual energy is the fastest, most powerful way to awaken the dormant Kundalini. Using Cobra Breath, either as a personal practice or while making love, builds the Kundalini circuit through which energy moves freely through your body.	
<b>LESSON 6. AWAKENING THE CHAKRAS.....</b>	<b>109</b>
Using mantras, yantras (visual representations of mantras) and meditation, learn to tap into the surrounding etheric energy. Use that energy to awaken your chakras. At the same time, learn to visualize – an essential part of all esoteric training.	
<b>LESSON 7. TANTRIC REJUVENATION.....</b>	<b>129</b>
This simple program of movement and meditation comes from an ancient system of rejuvenation. Stimulating the endocrine glands with these techniques restores body energy to the level of a twenty-five-year-old.	
<b>LESSON 8. MEDITATION AND MANTRA .....</b>	<b>147</b>
Certain sound vibrations attune us to our higher selves, to the Cosmic Pulse. Use the natural sound of the breath to quiet the mind so you can hear the truth.	
<b>LESSON 9. GENERATING AND TRANSMUTING SEXUAL ENERGY.....</b>	<b>163</b>
Techniques to stimulate the sexual glands to produce much more sexual energy; How to conserve and recycle that energy so that sex will invigorate, rather than deplete; How to extract the creative power from the semen and use it for rejuvenation; How to perform the alchemy of changing the base element of sex into the pure gold of spiritual awakening.	
<b>LESSON 10. STIMULATION AND DELAY .....</b>	<b>187</b>
Learn to prolong sexual encounters, to delay orgasm until the energy has built up to a higher level. Extend, intensify, and multiply orgasm – both male and female.	

<b>LESSON 11. POSITIONS AND CIRCUITS</b> .....	215
Different sexual positions create different circuits of energy between partners. Learn to share and connect energies at every level, not just the sexual.	
<b>LESSON 12. SACRED MAITHUNA RITUAL</b> .....	231
This ancient ritual brings everything together. It is possible to experience enlightenment in one ritual. As you merge with your mate “you” disappear as a separate identity. You become one with yourself, your partner, the universe, with God.	
<b>CONCLUSION</b> .....	240
<b>GLOSSARY</b> .....	242
<b>ABOUT THE AUTHORS</b> .....	245
<b>TANTRIC PRACTICES BY CHAPTER</b> .....	247
<b>INDEX OF TANTRIC TECHNIQUES</b> .....	250
<b>THE TANTRIKA INTERNATIONAL COMMUNITY</b> .....	252







*Lesson 1*



*Enlightenment through  
Tantric Kriya Yoga*

**Y**oga is the Science of Expanding Consciousness. The Eastern view of the nature of humankind is very different from the Western. In the East, they see the human essence at one with God and with the Universe. They understand that ultimately we can access that Universal Intelligence or Consciousness that supports life in this Universe.

Our basic problem is simply that we have forgotten our true nature, have become entangled in the drama of being an individual, striving for individual recognition, achievement, satisfaction. We feel separate, alienated, at odds with our world only because we have lost sight of our essential truth. Enlightenment is simply rising above this limited self-concept, returning to that basic unity that has always been, and realizing the light within.

Therefore, the problem is not one of learning enough or achieving enough to pull ourselves out of our present state of inadequacy, as the Western mind has been conditioned to believe. It is simply a problem of perceiving the truth as it is, without distortion. In higher states of consciousness we are more aware of the universe and our place in it.

The solution is one of perception. Our ability to perceive depends on the sensitivity of our nervous system. For thousands of years Yogis have experimented with techniques to manipulate the nervous system, to extend its functional range, to allow consciousness to expand. Yoga is the science that has grown out of these experiments.

## *Jewel in the Lotus*

Enlightenment is a return to the Source that created you, becoming aware of the Source of your energy, becoming one with that Source. Life energy on this planet comes from somewhere in the center of the Milky Way. Yogic techniques presented in this course will allow you to experience this for yourself. As if you had turned on a color TV in your mind's eye, you can see, deep in the cavities within your brain, the vast Milky Way. Once you have contacted this energy and returned from that expanded state, you will never be the same.

**Tantra Yoga is the Sexual Path**, a vast and ancient system of rituals and practical techniques which use the great creative energy of sexual passion to propel you into higher consciousness. The rites and rituals are very powerful.

The word "Tantra" comes from the Sanskrit "tanoti" – to expand" and "trayati" – "liberation." To expand consciousness, to liberate us from the physical level of our being, we use the five senses to their limit and then go beyond that limit. Tantra teaches you to explore every aspect of your consciousness. You first open the consciousness of the brain, awakening countless dormant brain cells, which expands the five senses and then transforms every other aspect of your body/mind.

Many modern yoga schools improperly teach that we should sublimate our senses in striving for transcendent truth. They frown on sexuality, arguing that it distracts seekers from the goal of samadhi or enlightenment. They try to subdue and suppress sexual desire, making an ideal of celibacy. Many yogic schools teach that ascetic renunciation and withdrawal from life is the only means to Truth.

But this is only because they don't understand sexual energy and how to use it to achieve their aim. The truth is that spiritual and sexual energy are two sides of the same coin – the upward flowing spiritual energy "becomes" sexual when it turns down. Tantra recognizes that the common householder is not inclined toward

## *The Tantric Path to Higher Consciousness*

renunciation. Rather than subjugate the energy, Tantra redirects it and uses it to our advantage. Then its power becomes a blessing, and celibacy becomes irrelevant – a matter of personal choice.

Many spiritual schools and our western culture in general, have a deeply embedded conviction that sexuality is somehow evil and debased. They teach you must choose between “God and flesh.” But they forgot that God is in the flesh and can be, indeed is to be found there for full realization. You will be greatly relieved to discover you don’t have to choose – God is sexual pleasure, used rightly. Now the secrets of Tantra, which have been forced underground for hundreds of years by religions, “moralists” and the like, are coming to the surface as a vital and joyful means to enlightenment.

**Transcendence through Sex.** Tantra is not a license for sexual abandon, as the practice requires great discipline. The systems of Tantric Yoga use the most powerful energy that we know – sexual energy – to penetrate spiritual realms. The tantric masters discovered that prolonged sexual union produces super-sensitivity to the energies in and around the lovers. Rather than turning away from the “illusions” of physical existence, tantric Yogis enter that physical dimension totally. Mastering their awareness of that level, they can expand their awareness to the next level and follow the path of ecstasy to the highest levels of human perfection.

Returning to the Cosmic Womb is the last initiation. A man is born with an erection and will die with an erection. In the time that intervenes, that sexual energy can transform him. Tantric methods are natural, life affirming, joyful. Every act becomes part of your spiritual practice. Tantra is sexuality in a spiritual context.

It takes enormous courage and dedication to be tantric in your view of sexuality. Our culture is very confused about sexuality. On one hand there are cultural pressures to inhibit your sexual expression. But you can never free yourself from sex by repressing it. Trying to avoid sex creates an obsession. Unexpressed sexual energy turns into neurosis and violence. We are enslaved by our sexuality

## *Jewel in the Lotus*

and yet not permitted to enjoy it, so the hunger is never satisfied.

On the other hand, sex is thrown in your face in every magazine, movie, TV, etc. Gross sexuality in the media is rampant in our culture. But there is little support for the idea that sexuality is an expression of love which is sacred.

Love is the very essence of man, and yet how seldom it is manifest! Civilization has historically forbidden the expression of love by condemning sexuality. The contemporary world ignores love while exploiting sexuality. The Tantric must break the mold and defy the moral precept, for sex is one means by which we come to know love. LOVE IS SEX ENERGY TRANSFORMED. You can know the elemental truth of love by experiencing the divinity of sex and learning to worship through the senses, through the flesh. The more accepting you are of sex, the more free of it you become. Total acceptance and surrender to natural energies leads to the most sublime experiences.

**History of Tantra.** Tantra has always existed, for as long as man has wondered about the mystery of his existence and stood in awe of the primordial power of his sexual nature. Symbols of the Tantric heritage are found in every culture: in cave paintings from the Stone Age, in ancient Sumarian carvings, in magical texts from ancient Egypt, in mystical writings of the Hebrews and Greeks, and in the Arabian songs of love. The alchemy of medieval Europe disguised its tantric principles with romantic allegorical poetry. Paganism was based on the celebration of creative sexual energy. In many cultures, representations of the male and female genitals (lingam and yoni in Sanskrit) are widely displayed and revered for the creative power they represent.

It is unfortunately true that power can corrupt, and the powerful principles of Tantra have, in the wrong hands, been used in company with witchcraft, superstition, orgies, drinking blood, sado-masochism, black magic, human sacrifice and contact with evil spirits through decomposing bodies in cemeteries. But any powerful tool can be mis-

### *The Tantric Path to Higher Consciousness*

used. That doesn't mean we should destroy all the tools!

Tantric practice has also inspired the best art and poetry of India, Arabia and China. Temples of India are covered with carvings of deities in every possible position of sexual union (which is a great embarrassment to the repressed Indian culture today).

It appears Tantra was once a worldwide spiritual practice, a common thread running through all civilizations. Hindus in India developed a system to balance male and female energies which strongly influenced the Taoists in China, the Buddhists in Tibet and all other Eastern religions.

Tantric teachings were closely guarded, transmitted orally from master to disciple, only after a long period of preparation and purification. Even when the tradition was finally written down in the 3<sup>rd</sup> Century, its meaning was obscured in allegory and symbols so only the initiates could understand. The secrets were guarded as protection from misuse, but also to give royalty and priesthood a tremendous power advantage over the masses.

The eleventh and twelfth centuries were the Golden Age of Tantra when it was practiced widely and openly in India. But the Moslem invasion in the thirteenth Century brought slaughter of all Tantrics and wholesale destruction of all manuscripts. The movement was forced underground where it has continued ever since. It had been preserved in remote monasteries, primarily in Tibet, but the recent Communist invasion of Tibet repeated the slaughter and attempt to stamp out Tantric practice. Tantrikas are threatening to those who would wield power. One who has realized his true nature cannot be subjugated to the will of a religious or political power structure.

By the Yogi calendar we are now in the final stage of a debased age – Kali Yuga, the age of fire and destruction – a time when Tantra is lost to the world. It had been prophesied that Tantra would reappear in the age of Kali Yuga to unify the male and female energies. Rediscovering our own inner female power may be the only hope this planet has to save itself from its suicidal technology.

## *Jewel in the Lotus*

**Kriya Yoga is a System of Techniques** to consciously move energy through the body. There is no belief system, just a path of action which produces results which are powerful, immediate, predictable, repeatable, and objectively verifiable. The techniques work on all levels of a person's life, strengthening the body, calming the emotions, enhancing the thought processes, leading to a balance that can open the door to spiritual awareness. The techniques of Kriya are scientific and practical. It is "action yoga." In this fast paced society we have little time for meditation. Kriya Yoga assists you in maximizing the energies at your disposal so you can get on with the business of living.

Kriya Yoga is one of the most ancient systems on this planet, but it has been revealed only to a select few initiates of mystical orders. The ancient civilizations of India, Egypt, Atlantis – indeed all the developed cultures – practiced some form of Kriya. The American Indians had part of it, as did St. Paul and Jesus. It was lost for a time during the dark ages.

**How Tantric Techniques Work.** Kriya is the ancient tantric science of rotating consciousness through the astral pathways of the body to produce a profoundly altered state of consciousness. Kriya utilizes a process of "Internal Alchemy" to magnetize the spine, literally pulling etheric energy into the cerebro-spinal fluid and altering its electrical properties. This is the secret of regeneration through "cosmic fire."

The breathing and meditation techniques cleanse and unblock the secret (latent) tunnels between the coccyx (the sacral reservoir of the cerebro-spinal fluid) and cranial cavities. Then the electrically charged fluid (also called Shakti, cosmic fire, or Kundalini) wells up in the unobstructed channels to flood the brain with cosmic energy. This Shakti Kundalini activates the Third Eye, the seat of individual consciousness, and stimulates the pineal and pituitary glands – direct links to cosmic awareness. It transforms the entire nervous system, so every sense is expanded. It produces a continuous mild orgasm

## *The Tantric Path to Higher Consciousness*

throughout the central nervous system. It brings you to the state of Samarasa (enlightenment or cosmic consciousness).

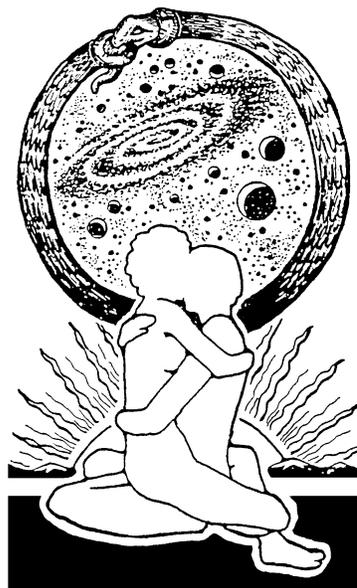
**From Duality to Unity.** In Tantra and other Yogas, there is a science and art of weaving the male and female principles within the human body. Ultimate Reality is One, but we perceive reality as dualistic, that everything has its opposite, and that duality is sexual. We can return to the Oneness only by transcending that duality.

Kriya Yoga is the right-hand path – Dakshina Marga – a rotation of the sexual forces of mind and body with the focus on attaining balance between the male and female aspects of the individual. Practicing alone is an auto-intercourse technique. It is slow and requires diligent effort for many years.

Tantric Kriya Yoga includes the left-hand path – Vama Marga – a sharing of conscious sexual forces between two partners. Mixing the male and female energies in an internal alchemy awakens the dormant energy centers. Out of this comes the same illumination that a Kriyaban (celibate Kriya practitioner) can experience, but much more quickly. To connect your energy with your mate's accelerates your progress. It is possible to experience illumination in one ritual!

To balance the male and female energies, you have to be on the earth and in heaven simultaneously. In Maithuna Ritual, you feel very rooted and grounded in the earth, and at the same time you open up into the Nous, the Cosmic Source.

The snake biting its tail is a universal symbol for completion of the earthly experience. When the Kundalini circuit is complete, your karmic obligation has been satisfied and you have no further need for life at the rather primitive level of this planet.



## *Jewel in the Lotus*

**Using Sexual Creative Energy.** According to other Yoga systems, practicing sexual union and experiencing orgasm wastes the life-energy, allowing it to return to the earth. The fluids of procreation carry the most condensed, most powerful energy available to us. The “normal” Western sexual experience is totally devoted to throwing that energy out of the body, leaving the lovers drained and exhausted.

The tantric masters knew that when a secret Kundalini pranayam (Cosmic Cobra Breath) is practiced, the life force in the sperm and vaginal secretions could be extracted, retained in the body to vitalize and rejuvenate the system, and projected to the brain to awaken its sleeping potential.

In the sexual ritual (Kundalini Maithuna) you can utilize the sexual secretions of the bodies. By using the tantric breathing and positions you can extract hormone-rich filtrates from the blood by psychic milking of the vaginal dew and semen, pulling their life-producing energies into the cerebro-spinal fluid. Once that energy has been extracted, you don't lose any vital force in orgasm.

**Using Orgasmic Energy.** The basis of sexual desire and its fleeting fulfillment is the ecstasy of sexual orgasm, the most intense experience anyone can have. In that moment one experiences union with the beloved. There is no separation, no “I” as apart from “you.” In that moment we transcend into the state of Samadhi, blissful union between the individual consciousness and the Cosmic. Wave after wave of love and peace infuse waking consciousness. The anxious, striving, separated individual self becomes merged with the total flow of cosmic life energy, bathed in its unchanging quality of intense joy.

The orgasmic experience is available to all, and for many it is the only mystical experience they will ever have. This momentary glimpse leaves us with a deep yearning to repeat it, not just for the sexual release, but for the truth it reveals. Because in that moment we remember who we really are.

## *The Tantric Path to Higher Consciousness*

In Tantra you can extend the climax to many minutes. Tantra provides a system of techniques for prolonging orgasm in order to experience Unity Consciousness. The state of enlightenment has been described as perpetual orgasm. Once you learn to attain this state in meditation, sex is no longer such a driving need.

In orgasm you are at one with yourself, with your lover, with all creation, with God. There is no time, no past or future, only total presence in the eternal now. The breath stops and the mind is empty. And from this void comes profound love, divine joy and illuminating bliss.

### TANTRIC TECHNIQUES

The techniques presented in this book are the essence of Tantric Kriya Yoga. This path uses the following practices:

- **Asanas** – postures to purify the physical vehicle;
- **Pranayama** – breathing techniques to expand consciousness;
- **Dhyana** – meditation to attune yourself to the Divine Current;
- **Mantras** – transcendent sounds which resonate in the body;
- **Yantras** – visual manifestations of mantras;
- **Mudras** – gestures to activate body currents;
- **Bandhas** – energy locks to conserve and move pranic energy;
- **Maithuna** – sexual union.

These practices are complementary and synergistic. Very simple mechanical devices bring energy into the body and move it to where it is needed. We get a minute amount of energy from food. We receive more energy from breathing in the life force (Prana). The most powerful energy is that which comes from sexual intercourse. Doing these exercises will keep your energy at an optimal level – the goal of any Yoga practice.

## *Jewel in the Lotus*

An important part of this work is building up a psychic reservoir of energy. All Yoga, all systems of personal development, start in the navel center or the solar plexus. You must learn to generate energy at this point for that is how you evolve. This energy starts at the navel and works its way to the top of the head where it activates many dormant brain cells (neurons). This flow of energy to the brain creates an expanded state of consciousness. That is what is really happening in the brain-mind expansion.

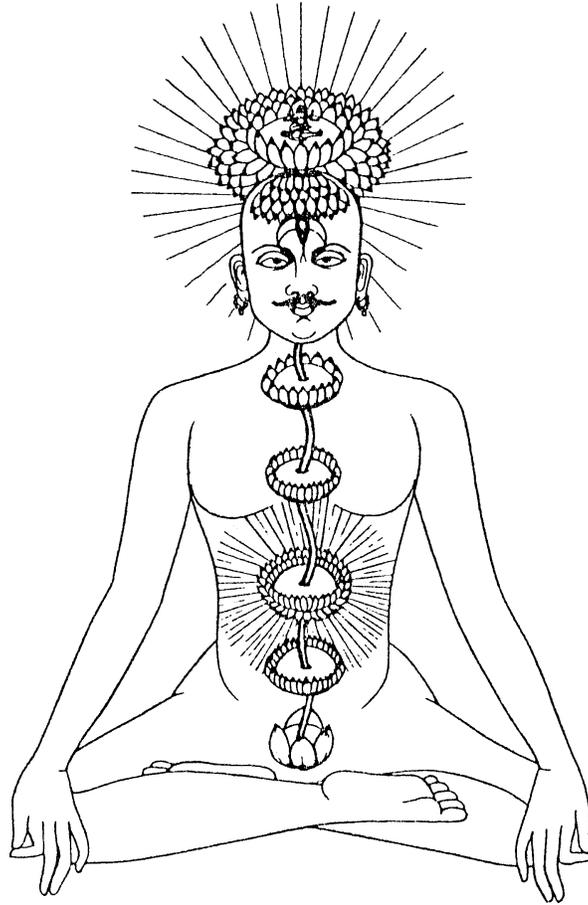
That energy reservoir also stimulates the sexual glands. The sexual glands are the key to any higher state of consciousness. If the sexual glands are not strong and functioning at the optimum level, you constantly deplete yourself of energy. The purpose of tantric exercises is to strengthen those glands.

Every movement is to stretch and loosen the spine. When the spinal fluid starts to bubble up, you can actually feel the tingling electrical charge going up and down your spine. You have to make the pelvis loose and flexible so the energy can flow from the sacrum. Tantric exercises contribute to this goal. The spinal cord is where the mystical experience originates.

Tantra's specific, practical techniques put you into a hypersensitive state where every nerve in your body vibrates at a higher frequency, because of increased blood circulation. Everything esoteric can be explained on the physical level. There aren't any mysteries. We take the mystery out of mysticism. This is a technology. These currents open you up to all levels of consciousness. Once you realize the secret of the body, you realize the secret of the universe. Everything is contained within. You are an exact replica of the cosmos. As above, so below.

The techniques presented here are only introductory and prepare the student for more advanced work. But even these beginning practices are extremely powerful. The masters devised these techniques to give you an indication of what you can do without techniques. They are just a starting point, not an end in themselves.

*The Tantric Path to Higher Consciousness*



Ultimately all of this practice is preparation for the Cobra Breath. All the Tantra schools, whether from Egypt, China, Persia or wherever, teach the Universal Cosmic Cobra Breath. This sacred technique is the key to Cosmic Awareness. (See Lesson 5)

**The Results.** Tantric Kriya Yoga can produce results very quickly. You have to be consistent in the practice because you are building a psychic circuit in the body which takes about a week to start forming. We call this process “building the golden body of light.” If you and your partner make love twice a day, doing the Cosmic Cobra Breath, you can have the experience of Ultimate Universal Unity in a week.

## *Jewel in the Lotus*

The purpose of yoga is for you to know that you are the center of your universe, that everything is radiating out of you. You will activate the Kundalini energy and become one with this energy as you join with your mate. When you and your mate do the Breath together, you lose identification with your separate physical selves and merge with the Cosmic. There is just one energy. Your bodies “disappear” in this state of awareness.

Whether that happens immediately, or after months or years of practice, depends on your effortless effort. Don't try too hard. Play with it. Let it go. Let it be a celebration. It's not a matter of concentrating on anything, but just being aware of what is. When you concentrate, you constrict your consciousness. When you let go, your consciousness unfolds.

**Your Sadhana.** Establish a habit of a regular time each day to go within, to totally relax mind and body. Focus on one lesson at a time until you know the techniques. After you have completed the twelve lessons then you can alternate your practice. Do yoga perhaps three times a week. Do the rejuvenation exercises on alternate days so the body has a chance to adjust. A cycle of activity and rest creates balance.

A good schedule would be: Monday, Wednesday, Friday – Rishi Isometrics; Tuesday and Thursday – Rejuvenation Postures; Saturday – no practice at all; Sunday – meditate only; Sexual Activators – whenever you're preparing for sexual activity, or any time you want to turn yourself on (which is all the time!).

First do some physical activity to get the circulatory system going, to energize this physical frame. Second, start working at a more subtle level, moving energy through the body. Become aware of everything that is happening inside and around you. Third, sit for meditation. You will have certain experiences, as something happens inside consciousness. Eventually everyone will have those same experiences. The Tantric Kriya tradition is particularly important because it is scientific. Doing certain techniques eventually produces

## *The Tantric Path to Higher Consciousness*

certain results.

It is important to do what is comfortable for you. There is nothing rigid in your practice. You will learn techniques to turn you on, calm you down, focus your mind, make you dynamic and pull you into the twilight zone. In Tantra we use the mind to beat the mind. We play tricks on it. In some techniques you will find that the thought process shuts off automatically. Using breath, mantra and colors, you soon find consciousness expanding. You can choose the practice that's most appropriate for you at any given moment.

### BY-PRODUCTS OF TANTRIC PRACTICE

**1. Rejuvenation** is one result which is not discussed in most books. Regeneration of your vital organs and revitalization of your sexual glands are most important factors in your spiritual growth. Everyone who practices these techniques finds their aging process slowing down. The results are clearly visible. Take a snapshot of yourself, practice the rejuvenation postures for a week, and then take another snapshot. You will be surprised.

**2. Clairvoyance** emerges naturally as you begin to stimulate the chakras in the brain. You don't need any psychic training. The Third Eye opens spontaneously.

**3. Deepening of Your Relationship.** You learn to connect with your mate at all levels. For those whose marriage has deteriorated into the business of managing money and raising children, there is hope for a resurgence of the sexual dynamism that brought you together in the first place.

**4. Psychotherapy** takes place: release from the phobias, neuroses, resentments, embarrassments, and insults you have suffered, which continue to sap your energy and limit your activity. Expanding consciousness by becoming the Witness is the only therapy that really works.

**5. Dream Learning.** At night when you go to sleep, you leave your physical body. You travel through many dimensions. One level is the dream state. You don't have to try to get out of your body. It happens automatically. Tension-relaxation, Hong-Sau and the Cobra Breath will take you out of your body but leave you fully conscious of what's happening.

Tantric Kriya Yoga takes you into the state called Bindu – the state between wakefulness and dreaming. You will come to a point where you are asleep physically but wide awake. The quality of your dreams will change, providing a new intensity and meaning. Keep a dream diary to take full advantage of the teaching or cleansing going on in your dreams.

**6. Reprogramming Your Subconscious.** While it's easy to talk of dissolving the ego, it's far more difficult to do it. The ego is supported by your subconscious mind which is programmed to not be altered. Many well-intentioned teachers urge us to repeat endless affirmations to change our subconscious self-defeating behavior, but affirmations are only the conscious mind talking to itself. We can't reach the subconscious that way.

Hypnosis claims to communicate with the subconscious by inducing a trance state to suspend the conscious mind. The hypnotist tries to limit your sphere of perception until you only hear his voice. His suggestions will have certain effects, but they won't last. The most important limitation is that hypnosis doesn't remove the cause of the problem. Every problem behavior is the solution to another problem. Whatever conflict prompted the compulsion still hasn't been resolved. A hypnotist can suggest that you no longer feel a compulsion to eat, and eating behavior might normalize, but the inner conflict will find another avenue of expression, probably one more subtle, harder to deal with.

Hypnosis-induced trance will take you to the door of meditation. Many so-called meditation techniques are really hypnosis. Only true meditation will allow you to “reprogram” your mental computer, and

## *The Tantric Path to Higher Consciousness*

remove the source of any conflict. Take advantage of the techniques presented here to deal with problems as they come to the surface.

### TWO SPIRITUAL PATHS – WILL AND SURRENDER

The masters have indicated that there are basically two spiritual paths: the Path of Will and the Path of Surrender. Either you learn self-mastery by great discipline and will power, or by allowing things to be just the way they are, and allowing the cosmic currents to carry you wherever they will. The first path takes amazing self-control, the second takes extraordinary trust. Ultimately, the seeker who has gone as far as he can with discipline will have to surrender. That's the long way around. Alternately, you can just begin with surrender. In many paths there is a guru figure to surrender to. That may be convenient, but it isn't necessary.

We will present two techniques for dealing with subconscious material. You can use whichever is appropriate. For impressing your will upon a wayward subconscious we have Yoga Nidra (Sleep of the Yogi). For observing the subconscious and thereby stripping it of its power, we have Witness Consciousness.

**Path of Will.** All yogic systems, whether from East India, Tibet, Egypt, or China, start at Manipura Chakra, the Solar Plexus, Cauldron of Fire, the center of personal will. The Bated Breath is a technique that strengthens that will power. When we exhale with a bated breath, using a thrusting motion, we retain the life force and store it at Manipura Chakra. We can accumulate this energy and then take it into the higher centers. We as human beings work basically on the gross level of the physical body. We have to learn to energize the Manipura Chakra to make contact with the Pranic Body, the vital life force body, that surrounds and interpenetrates the physical body. Once we contact that, we can go into the infinite.

**Yoga Nidra – Sleep of the Yogi.** This technique has been used since time immemorial by Yogis to contact their subconscious minds. It utilizes that moment just as you slip from wakefulness to

## *Jewel in the Lotus*

sleep, Bindu – that moment of transition when both conscious and subconscious minds are available. A suggestion planted at that critical moment, over a period of time, will absolutely manifest.

You can use this technique to bring about changes such as quitting smoking and getting more exercise, but we have introduced it first to bolster you against resistance to doing this work. Resistance is most certainly going to come up. This is a very difficult path, because it requires you to face certain truths you have been hiding from, things about yourself you aren't willing to look at. It takes you into states of mind you've never experienced.

Change is the most stressful thing in life – facing the unknown situation you are not sure how to handle. It takes great courage and trust to give yourself over to the forging of the Cosmic Fire. If you are serious about practicing Tantra, use the Yoga Nidra technique to make a resolution, a commitment to your own growth, to announce to the Cosmos that you are available for instruction, and to attune your subconscious to the imminent changes.

In each lesson you are asked to focus on some aspect of your programming. Use Yoga Nidra to suggest to your subconscious that it is all right to give up its secrets. A good beginning process is presented here. A complete explanation and deeper process is available in our Audio Course, [Theta Threshold](#).

**Path of Surrender – Witness Consciousness.** When the limited concept you have of yourself, your ego, dedicates itself to the expanded Self, your divine nature, then you have entered the path of surrender. To surrender, you must trust that existence is looking out for your best interests.

The Cosmos is always willing to teach you, and is just waiting for you to be available. In fact it is constantly putting opportunities in your path to learn and to outgrow your current state. You have probably considered them irritations and problems and done everything possible to avoid them.

*The Tantric Path to Higher Consciousness*

There is one simple attitude that you need to instill in your being:

*The Cosmos gives me exactly what I need.  
Whatever comes to me is appropriate  
and I will learn from it.*

You have gone through your daily life absorbed in the drama – your pleasures and conflicts, your dreams and frustrations. As you mature spiritually you identify more and more with your higher nature and begin to lose interest in the games going on around you. You learn to be in the game and, at the same time, in higher consciousness, watching from a detached perspective.

In Witness Consciousness you totally experience the sensation, thought or feeling going on in the present moment and at the same time observe it objectively, while fully conscious. Then the thought or feeling begins to lose its hold on you and ceases to be a fascination or irritation. Then begins the peeling away of layers of mind-stuff that you have come to think of as part of your self.

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## **Individual Practice**

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**1. Bated Breath** is the secret to retaining life force inside the body, to filling yourself up with more prana or vitality.

- a) Inhale deeply through the nose. As you exhale produce the whispered sound “SA, SA,..., SA” repeatedly until the air is gone. This is the bated breath. Each sound comes with a little contraction of the diaphragm, bringing the energy all the way down to the navel (Manipura Chakra). Don’t force your stomach to go in and out. Just allow a natural thrusting. This gives you a gentle internal massage and wakes up the life force. If you do it properly you can almost hear birds chirping.
- b) As you continue the practice you will be able to refine the “SA” sound so it’s almost inaudible, so the thrusting becomes more subtle. You can even do it on a mental level as long as you get a micro-movement in the Solar Plexus. This practice will lengthen your life and greatly increase your energy and vitality. That has been proven scientifically.
- c) After doing the technique, go through your body. Be aware of any sensations in your body. You will eventually feel a pulse. When you inhale you attract all the negative and positive ions in the air. Those go right into the Third Eye and automatically create a pulsing sensation. As you exhale with the “SA” sound you will produce a pulsing sensation in Manipura Chakra.

**2. Kriya Energization** (tension-relaxation) will stimulate the entire body, lighting up like a Christmas tree each energy point (acupuncture point). It cleanses the nadis (energy flows), thus stimulating the Kundalini, thereby expanding your energy field.

Energizing also puts you in the state of balanced awareness, the state of consciousness between sleep and wakefulness, the state where auto-suggestion is most powerful. The entire Yoga Nidra process for auto-suggestion is a long guided meditation. Here is a

## *The Tantric Path to Higher Consciousness*

method you can do now.

A milder version of this process is in the standard repertoire for most stress-reduction experts and hypnotists. Adding the visualization and breath makes this process much more effective.

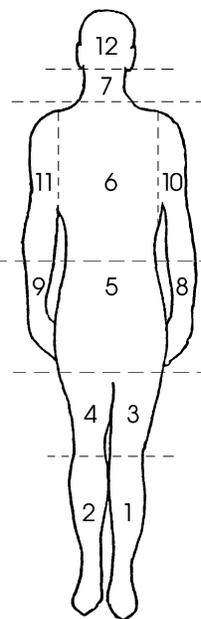
Part A. To Shock the Muscles and prepare them for deep relaxation and energization. Move in slow motion. Feel the energy flowing through your body.

- 1) Lie on your back, palms down.
- 2) Lift your left leg as high as you can and suddenly let it drop.  
Lift your right leg and allow it to drop.  
Lift your left arm and let it drop.  
Lift your right arm and let it drop.
- 3) Repeat two more times.

Part B. To energize the body and reach Bindu,

consider the body to be divided into twelve parts:

- |                    |                   |
|--------------------|-------------------|
| 1 left lower leg   | 2 right lower leg |
| 3 left upper leg   | 4 right upper leg |
| 5 lower torso      | 6 upper torso     |
| 7 neck             | 8 left lower arm  |
| 9 right lower arm  | 10 left upper arm |
| 11 right upper arm | 12 head           |



Lie down on your back in a comfortable position with palms up. Feel an Inner Smile in the back of your throat. Tense and relax each body part in the order shown above. While tensing, breathe in (nose), and while relaxing breathe out (mouth), picturing energy flowing to that body part from the medulla oblongata (at the base of the skull where spinal cord meets brain.)

## *Jewel in the Lotus*

When this technique has been mastered, you may combine two symmetrical body parts into a single tension, i.e., tense both the right and left lower legs together.

Set aside a regular time each day to practice, and keep a diary of your experiences.

You can use the tension-relaxation technique for healing yourself. Tense any area that needs healing while inhaling and while exhaling, relax and imagine prana flowing in through the medulla oblongata to that area. Attention should also be focused at the medulla. Relax the area while exhaling, continuing to imagine prana flowing to that spot. This process may be repeated as often as you feel is needed to heal the affected body part.

Part C. Auto-Suggestion. At this point mind and body will be very relaxed. You can affirm the resolution you wish to instill in your subconscious mind. It will be open and receptive.

**3. Witnessing the Breath.** Observe the breath as it enters and leaves the body. Make no attempt to modify it. Have no opinion about how it should be. Give your full attention to watching the breath for several minutes.

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## ***Couple Practice***

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### **Witnessing Sensory Stimulation.**

Set aside an hour of uninterrupted privacy. Gather together a wonderful assortment of items with different textures and temperatures – like a feather, a piece of satin, a little ice-water, an egg, some perfume, a variety of music from the gross to the sublime, little tastes of different foods, etc. Let your imagination go. Of course there must be nothing toxic or hurtful.

Invite your partner to lie down on a massage table, bed, or the floor, whatever is comfortable for you both, and gently cover your partner's eyes. Give your partner an experience of the unexpected: a touch, a taste, a whiff, a tone. Let it be a creative adventure for both of you.

At some point reverse positions so each of you has been the giver and the receiver. Usually the man is more comfortable giving than receiving. So let him be the giver first.

As you receive this sensory treat, you will practice Witness Consciousness. Let there be three things clearly distinguished in your mind: 1) The stimulus presented to you; 2) Your body's perception of the stimulus; and 3) You watching that perception. You must step back from the experience enough to be a detached observer. You will be saying to yourself something like, "Here I am watching my nose smell this perfume. I am observing my skin responding to the ice water."

Let there be intervals when no stimulus is presented. In those times tune in to sounds in the room, feel the pressure of the spots where your body contacts the floor or bed.

Then look inward for sensations in your muscles, tightness or twitching. Look inward to your organs for any sensations.

Be totally absorbed in your observations. Continue to move back

## *Jewel in the Lotus*

and forth between stimuli from the exterior world and sensations in your interior world. As if you had never noticed before, observe how your nervous system connects you (consciousness) to your body and your environment.

This is a step in learning Witness Consciousness, one of the most important techniques, the ultimate psychotherapy. Once mastered, Witness Consciousness will free you from your past and allow you to live totally in the present.

If you have entered into this exercise with the spirit of play, it just might develop into very sensitive lovemaking. If it doesn't that's also fine. Don't clutter the process with expectations.

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## **Awareness**

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**1. Practice Witness Consciousness** while you sit in meditation, or at any time through the day. The more often you practice, the faster your progress will be. Just observe yourself, from a slightly detached position, picking up sensory stimuli from the inner or outer world. Discriminate three separate events – the stimulus, the sensing, the witness.

**2. Begin Recording Your Dreams** in a journal. They will be filled with messages and healing processes as you do this practice.

**3. Use Your Journal** to look at various aspects of your life. You will also want to note your breakthrough experiences and insights.

- a) Look at your attitudes about sexuality versus spirituality. Of course you consider yourself sexually liberated. Think back to the attitudes impressed on you as a child, whether spoken, or more devastatingly, unspoken. Remember embarrassment about your body and your sexual feelings; confusion about your first period or wet dream; your surprise at learning your parents or the minister had sex; thinking the world might come to an end when you got caught “playing doctor” or some other childhood intimacy that horrified your parents. Those memories are still there, blocking your sexual energy.
- b) Look back at all your sexual experiences and partners. How often were you really satisfied, and how often disappointed. Have you harbored thoughts that there is something wrong with you, that you’re missing out somehow? Tell the truth!
- c) Look for patterns in your relationships: they always abandon you, or you keep control by leaving them first; you always pick a certain type of person, etc. Any factor common to many of

## *Jewel in the Lotus*

your relationships indicates there is something to be learned and you have to keep going through it until you understand it.

- d) If you are currently in a relationship, the odds are very strong that one or both of you is dissatisfied, bored, or disappointed with your sexual experience. You're afraid that admitting your dissatisfaction, even to yourself, would destroy your relationship. Or perhaps what you have is wonderful and you don't want to risk change. It is very unusual to find a couple willing to explore the tantric path together, for fear that their relationship would not survive. You must open up communication and assure each other that your love is stronger than your fear.

If you are not in a relationship, and want to be, are you ready to deal with the truth about why there is no one there for you? How you have made that happen? How you can change it when you are ready? (Techniques to draw a perfect partner are taught in advanced training).

